

Pumping Plastic: A  
12-Week Jump Rope  
Workout/Book, Audio  
Cassette and Jump Rope

Cassidy, John

Note: This is not the actual book cover

# Pumping Plastic A 12week Jump Rope Workoutbook Audio Cassette And Jump Rope

**M Mosston**



## **Pumping Plastic A 12week Jump Rope Workoutbook Audio Cassette And Jump Rope:**

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**Jump Rope Workouts** Buddy Lee,2018-12-11 The Ultimate Handbook for the Greatest Exercise on the Planet Jump rope workouts are the gold standard for efficient effective cardio Just 10 minutes can provide the same cardiovascular benefits as running a mile in 12 minutes or two full sets of tennis But getting the best value from your jump rope workouts requires proper technique and a full fitness plan 101 Best Jump Rope Workouts is exactly that 101 of the absolute best most effective jump rope workouts imaginable Designed by Buddy Lee the world s top expert in jump rope conditioning these targeted programs let you experience real results and lasting fitness **RopeSport** Martin Winkler,2007-08-10 Get in shape with exercise that s fat blasting portable and fun RopeSport is the revolutionary fitness program people across the country are using to get fit lose weight and have a great time doing it Now you can too If you want a high energy low impact way to tone your body get a complete cardiovascular workout and burn up to a thousand calories an hour RopeSport is for you This book covers everything from the benefits and basics to extreme jumps and alternative workouts The step by step approach helps you become proficient in just a few workouts RopeSport Progresses from basic jumps combinations and workouts to intermediate and advanced routines Features four complete detailed workouts for each skill level Has more than a hundred photos that show you how it s done jump after jump Includes success stories from real people who love jumping rope Is a workout endorsed by celebrities including leading fitness expert Kathy Smith Eric Nies of MTV and Kelly Packard of Baywatch Keeps you challenged with extreme jumps like the Matador Running Doubles and the Inverted Jump Shares tips for a healthy lifestyle effective training and building athletic skills You ll learn the techniques and get the tools to create your own RopeSport full body workout program one that you can vary any number of ways and do almost anywhere **Jump Rope Workouts** Anthony Anholt,2013-07-25 Discover Why Skipping Rope Is One Of The Best Fat Burning And Lean Muscle

Building Workouts You Can Do Jump rope workouts allow you to burn up to 1000 calories an hour while building muscle and stamina This book will show you how To most people aerobic exercise and cardio sucks To them cardio training brings up horrifying memories of running endless laps around a fitness track or torturing themselves sweating it out hunched over medieval cardio machines Here s a question though Have you ever wondered why these kinds of workouts never seem to help you get any leaner You ve put in the time and gone through the pain that often comes with traditional cardio training painful joints the time wasted the boredom yet you ve likely never gotten the results you want No wonder why most people think that cardio sucks There is another way however and it involves a form of cardio fitness training that you likely haven t done since grade school Deceptively simple yet amazingly effective it is likely the fitness solution you ve been waiting for What is it Skipping rope The truth is that an effective jump rope training program can get you into amazing shape in record time Here are just some of the benefits you will experience You ll look and feel better about yourself Get maximum results with minimal effort and time One of the best fat burning workouts you can do Lose weight Increase your stamina and improve your coordination Improve your circulation and strengthen your heart Improve your sex life Reduce nervousness and stress Eliminate fatigue Help keep you young by slowing the aging process Improve your digestion Burn calories and build sexy muscle simultaneously Unlike running is a fantastic exercise for those with knee issues Conditions your back shoulders and chest Improve your sense of balance Increase your vertical jump and sprinting speed Improve your concentration and sense of calm Skipping rope is inexpensive easy to learn no matter what your age and incredibly effective Jump Rope Workouts Cardio fitness for increased stamina lean muscle building and fat burning will help you re discover this classic exercise and put you on the road to becoming a more dynamic you Order this book NOW and start down the road to becoming the person you know you can be today **Jump Rope Wod Bible** P. Selter,2015-10-19 Build Speed Agility Discipline Coordination With These Killer Jump Rope Workouts By The Author Of The Original Cross Training WOD Bible An International 1 Amazon Best Seller Let me ask you a few quick questions Are you tired of spending endless hours walking on the treadmill Are you sick of following the same workout regime week after week Are you training hard yet struggling to see results Do you struggle to find time to get in a proper workout Do you want to build explosive athletic power and strength along with unbreakable confidence and a mindset to match If you answered Yes to any of these questions then the Jump Rope WOD Bible is a MUST READ Here Is A Preview Of What The Jump Rope WOD Bible Contains An Introduction To The Jump Rope The Benefits Of These Quick Efficient Jump Rope Workouts That You Need To Know The Only Equipment You Need To Have A Killer Workout Anytime Anywhere A Brief Lesson On Jump Rope Technique Become A Master 70 Jump Rope Workouts Designed To Get You Results Much Much More Ultimate Jump Rope Workouts Brett Stewart,Jason Warner,2012-07-03 HARD CORE JUMP ROPING FOR EXTREME FITNESS You certainly jumped rope as a kid but you probably didn t realize this fun activity is also a kickass workout for shredding all the major muscles arms legs butt abs shoulders and chest With this book you turn a

simple jump rope into a power tool to Build muscle Boost endurance Amplify explosive power Improve agility Enhance overall fitness From beginning tips on proper form and picking the right rope to advanced tricks like double unders and knee tucks Ultimate Jump Rope Workouts will teach you to jump like a pro and get in the best shape of your life **Jump Rope**

**Training 2nd Edition** Buddy Lee, 2003 Presents an athletic training program that utilizes jump roping to help people improve their speed agility balance strength power and endurance with exercises and drills including warm ups cool downs fitness and sport specific training **Jump Rope Training** Publishing House My Ebook, 2017-06-23 The best form of cardio jumping rope burns more calories per minute than just but not the form of cardio exercise If you've tried it before realizing it does however take more time to get your rhythm down will take longer to build up enough time to be able to do it for more than a few minutes at a time But it is definitely a great way to get a fun challenging and intense workout This book covers all the essential information when using the Jump Rope for training Chapter 1 Why Jump Rope Reasons to Start Today Chapter 2 Jump Rope Workout Basics The Workout That Never Gets Old How to Have a Good Jump Rope Workout Jump Rope Workout Checklist Chapter 3 Lose Weight Lose Weight With a Simple Jump Rope Workout Attack Your Fat by Using a Jump Rope A Jump Rope Workout to Lose That Last Bit of Stubborn Body Fat The Weighted Jump Rope Explained Chapter 4 Jump Rope Workouts How to Adjust Your Jump Rope to the Correct Height Basic Jump Rope Exercises Workout 1 Workout 2 Workout 3 Double Under Jump Rope Training **Jump Rope Training** Buddy Lee, 2014-07-04 United

States wrestling champion Buddy Lee presents an athletic training program that utilizes jump roping to help people improve their speed agility balance strength power and endurance with exercises and drills including warm ups cool downs fitness and sport specific training Jump Rope! Peter L. Skolnik, 1974 Looks at the lore and technique of jump rope games and offers suggestions for a physical fitness program *Jump Rope for the Health of It!*, 1985 No Gym Needed- Jump Rope Workouts John Mayo, 2015-05-12 Are you sick and tired of wasting time and money at the gym Ready for a weight loss solution that works Fitness can be as easy as using a jump rope and your own body weight Welcome to another one of my fitness programs This time we will be utilizing the jump rope which is an amazing fitness tool used by people all over the world who are seeking to lose weight and improve their speed agility lung capacity and endurance Ever tried jumping rope for 5 minutes It's a lot harder than you think and it's exponentially more effective than jogging As you probably know jump rope is one of the main forms of cardiovascular training in boxing They don't do this exercise because it's fun even though it can be they do it because it's hard as hell and it dramatically increases your foot speed agility coordination endurance and lung capacity Here's a sneak peak of what's inside In depth explanations of the best skipping exercises Detailed explanations of some of the best bodyweight exercises 10 beginner jump rope bodyweight workouts 10 intermediate jump rope bodyweight workouts 10 advanced jump rope bodyweight workouts AND a bonus sample of How to Get Abs in 2 in 1 Boxed Set This book is no BS and is only for people who take getting fit at home seriously If you want to say goodbye to expensive gyms then you need to be determined self motivated and extremely disciplined These 30 workouts will challenge you and I guarantee if you

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