

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

Cassidy, John

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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 Ultimate Jump Rope Workouts Brett Stewart,Jason Warner,2025-11-04 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 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 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

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