



HINTS  
& TIPS

TRAINING GUIDE

# SKIPPING ROPE

*Heritage*  
GOLD'S GYM. 65

## SKIPPING ROPE TRAINING GUIDE

### BEFORE EXERCISING



#### WARMUP

- Your endurance may be low to start. Try alternating 20 or 30 seconds of skipping with walking on the spot for the same time.
- Be sure your shoes provide a lot of cushioning for the ball of the foot.
- If you are new to skipping, after a warm up, start by jumping on the spot on the balls of your feet.
- Master the basic jumps before moving on to the more difficult ones.

As you improve, increase the time you skip for.

- Never hunch over. Keep your back straight and head up.
- Jump low to keep the impact on your knees and ankles to a minimum.
- Concentrate on stretching your calves along with other muscle groups before and after your workout.

### SKIPPING ROPE

#### WARNING

ALWAYS CHECK WITH  
YOUR DOCTOR BEFORE BEGINNING  
ANY EXERCISE PROGRAMME:



BASIC JUMP

01

Stand upright and keep your abdominal muscles tight. Hold the rope with your hands out to the side with your elbows in. Swing the rope continuously over your head. As the rope comes towards the floor, push off the balls of your feet and jump over it. Jump only about 2cm off the floor and keep your knees slightly bent.



JOG JUMP

03

Hop on one foot per rope revolution while lifting (kicking) the other foot out in front (or behind) the body. Alternate legs with each revolution and stay close to the floor.



02

THE SKIP JUMP



04

Progressing from the jog jump, this exercise entails lifting your knees higher. Make sure that you keep your body in correct alignment as you increase the speed and adjust your rhythm.



THE HIGH JOG



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### SKI JUMP



05

Start with the basic jump. Keeping your feet together, jump left to right across an imaginary line (side to side). Keep your knees slightly bent. Increase the width of the jumps as you improve.

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### THE CROSS OVER



06

Start with the basic jump. As the rope comes over your head, cross your arms over as far as possible and jump higher so that the rope goes under your feet. Start with one cross over every ten skips then try to add more as you improve until you can alternate between basic and cross over skip.



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### STAR JUMP

07

Perform a variation of the double jump. On alternate jumps move your feet apart to take a wide stance. Alternate between narrow and wide jumps.

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### ALTERNATE FEET



08

While doing the basic skip and bouncing on both toes, scissor your feet forward and back alternately (i.e. first your left foot forward then your right foot forward.)

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### SCISSORS



09

While doing the basic skip and bouncing on both toes, scissor your feet side to side alternately. First crossing right leg over left then left leg over right.

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