

Skipping GUIDE

----- INCLUDING -----

● SETTING UP YOUR JUMP
ROPE

● BEGINNER WORKOUT

● OUR TOP TEN TIPS

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Starting out with Skipping

The Sundried skipping rope has been designed and crafted by experts to ensure the highest possible quality. With a lightweight rope and adjustable handles, it is perfect for anyone from novice to expert. The fast speed cable design will allow you to do tricks such as double unders and crossovers, but is also beginner friendly for those just starting out. The ergonomically-designed handles sit easily in the hands with special grooves so the thumbs can sit comfortably.

Now that you have your Sundried skipping rope you are one step closer to your fitness goals! Skipping is a fantastic form of cardiovascular exercise and can burn up to 16 calories a minute when performed at a moderate rate. That's 160 calories in a short 10-minute workout!



Setting up your jump rope

Adjust the rope - Step on the rope and adjust the handles so that they are in line with your armpit. Use a screwdriver to loosen the screw by the handle and slide the handle to the desired position. To cut the cable you will need wire cutters. Save the rubber covers and place over the newly cropped ends.

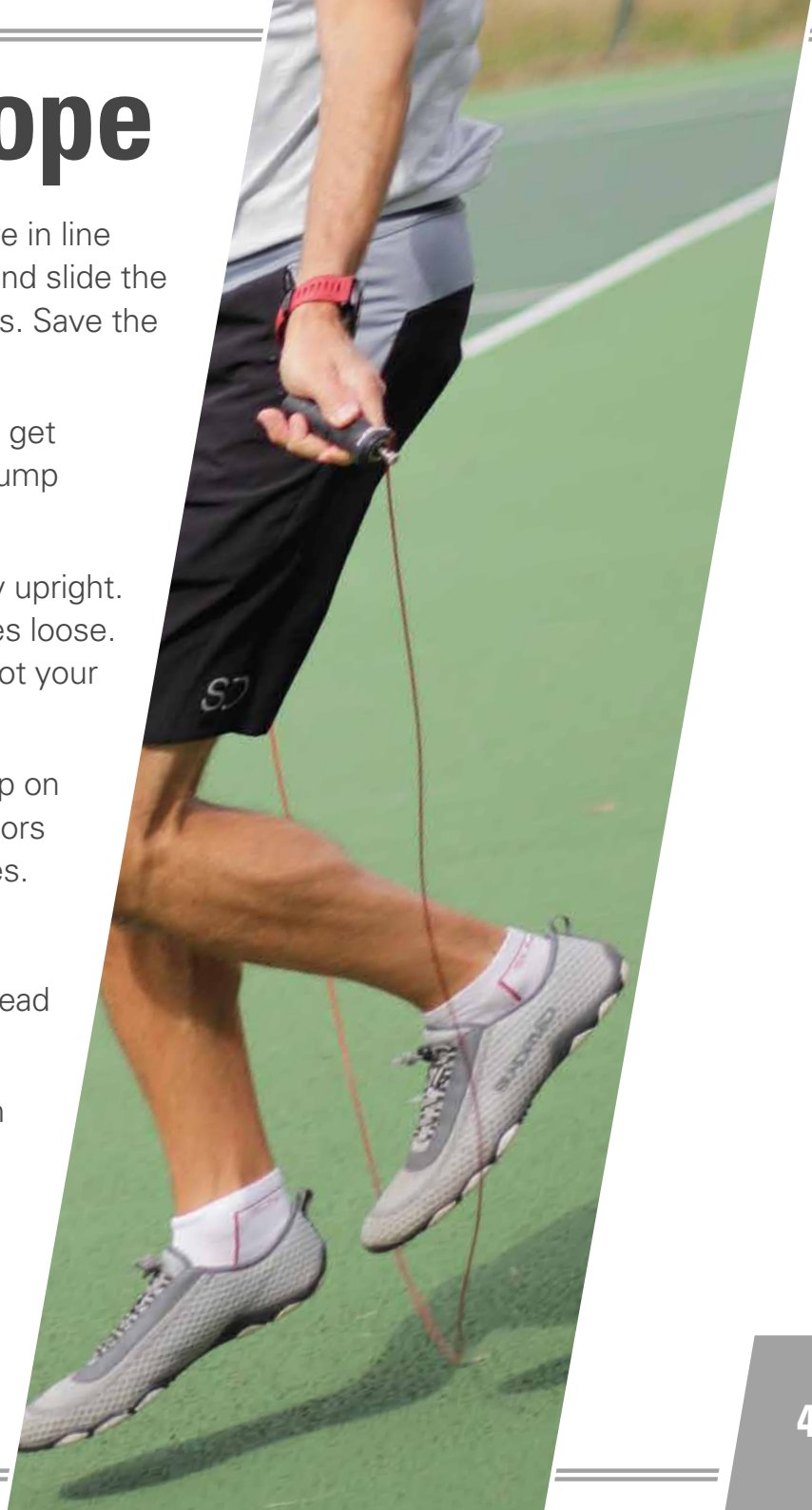
Start skipping - Without using the rope, practice jumping so that you can get a feel for it; you don't want to jump too high. A beginner will do well to jump continuously for one minute.

Technique - Make sure you jump on the balls of your feet with your body upright. Your heels should not touch the ground and you want to keep your ankles loose. Keep your elbows near your sides so that your wrists do the work and not your arms.

Choose the right surface - Skipping should be a low impact activity. Jump on an exercise mat if outside or on a forgiving indoor surface. Hardwood floors are best as they give you a little extra bounce and are easier on the knees. Avoid concrete if possible as it has no give and can cause unnecessary impact on your joints. Also try to avoid skipping on carpet as it can make your rope bounce meaning you will have to jump higher, and it can also lead you to twist your ankle or knee.

Post-workout - After the first day, you may experience some soreness in your legs. This is perfectly normal and means the exercise is working!

Health and safety - You must consult your GP or health care provider to make sure that this type of exercise routine is suitable for you and stop the exercise immediately if you begin to feel light-headed or excessively short of breath.



Get Fitter - Lose Weight

Skipping guide.



So you've got your rope, now what? You used to skip as a child so how hard can it be? It may be surprising but there is far more to skipping than initially meets the eye. When I started skipping as an adult I was surprised at how different it was to what I remembered from being a child. So let's learn how to skip in the best way possible!



Jumping

Let's start with the jumping. When most people start skipping for the first time they jump too high, just going for it and doing what feels natural without any knowledge on proper technique. But skipping too high is not efficient for a workout and will leave you unable to skip for longer than a few seconds.



When skipping, the key is to not actually jump. Wait, what? That's right! If you change your mindset about what your feet are doing, it becomes a lot easier. Instead of jumping, think about doing a calf raise. Practice doing it without the rope to start: raise your heels so that you are on the balls of your feet, and then lower yourself back down using your calf muscles. You'll soon realise there's a reason why boxers have such defined calves! You may need to increase the strength and stamina in these muscles before skipping feels easy. Take your time and enjoy the process.

Once you've practised a few times without the rope, try applying this technique with the rope. You should only come a few centimetres off the floor on each bounce. Keep your ankles loose and feel the balls of your feet flexing. See if you can keep it up for 30 seconds without stopping.

Your Arms

After your feet, what you do with your arms is the most important part of skipping. Hold the handles near the rope-end as this is the most efficient and will allow the rope to swing better. Keep your wrists loose, and your elbows close to your hips. It is a very subtle movement; you do not want to be swinging your whole arm, just a slight movement of the wrist. It will be tempting to tense your arms and lock them by your sides, so try to relax from the shoulder.



Your Posture

This moves us onto your posture. Make sure you are standing tall, with your shoulders pulled back and down, and your core and glutes tight. The key to skipping is to relax! If you are skipping for the first time in a gym or a public place, it may be a little daunting, and you may worry about tripping in front of everyone. Let go and have fun and try not to take it too seriously, at least while you are starting out. The looser and more relaxed you are, the less likely you are to trip over and you are less likely to incur an injury.



Your Fitness

Skipping is a surprisingly demanding cardio workout! If you are skipping for the first time as an adult, you will be shocked by how out of breath you get on your first try! Don't let this deter you, take your time. If you are new to fitness all together, then you may wish to just skip in 20-30 second bursts. If you are a seasoned gym-goer, then skipping for intervals of 60 seconds may be more for you. Try our skipping workout plan and see what works for you! Or create your own jump rope routine. Supplement your skipping with leg exercises and mobility drills so that you do not get injured, especially if you are not used to exercising. Skipping has the fantastic benefit of being great for weight loss and by adding skipping into your existing gym routine you can expect to burn up to 10 calories a minute.



Where To Jump Rope

Where you choose to do your skipping is important too. If you are skipping outdoors, try to avoid jumping on concrete as this can be harsh on the joints. Skipping on softer tarmac or grass will be better. If you are indoors, avoid carpet as this can make the rope more likely to bounce which can cause you to twist your ankle. Hardwood floors are the perfect surface on which to jump rope.

Practice makes perfect!

When I first got back into skipping as an adult, I was really put-off by the fact that I couldn't do it well. I saw lots of people in the gym skipping with ease and doing neat tricks so it deflated me somewhat that I was finding it so hard. But don't let this be the case! After only a few sessions my technique improved hugely and skipping started to feel a lot more natural. Take your time, enjoy it, and maybe even let us know how you get on by leaving a review of the Sundried skipping rope on our website!



Beginner Skipping Workout



DAY	EXERCISE
1	SKIP FOR AS LONG AS YOU CAN, REST FOR 60 SECONDS, REPEAT FOR 5 MINUTES.
2	SKIP FOR AS LONG AS YOU CAN, REST FOR 45 SECONDS, REPEAT FOR 7 MINUTES.
3	SKIP FOR 20 SECONDS, REST FOR 30 SECONDS, REPEAT FOR 5 MINUTES.
4	GYM CROSS-TRAINING - LEG, AB, AND BACK EXERCISES
5	SKIP FOR 30 SECONDS, REST FOR 30 SECONDS, REPEAT FOR 5 MINUTES
6	SKIP FOR 30 SECONDS, REST FOR 30 SECONDS, REPEAT FOR 10 MINUTES.
7	REST DAY

What kit do I need ?

In order to be comfortable when you skip, it's important to have the right kit. There's nothing worse than having to stop a workout before you're supposed to because your shoes are rubbing or because you don't have the right support.

The right sports bra

For ladies who are taking up skipping, it is a fairly high impact sport so you will want a sports bra that can support you. Make sure it has a racerback design so that the straps don't fall down your arms and impact cups to support you while you jump.

The right shoes

You don't necessarily need to wear trainers when skipping as you will be staying in one place. Boxers tend to wear very flat boxing shoes when they skip as it gives more flexibility and prevents the risk of twisting an ankle. Wearing your normal trainers is fine, but just bear in mind that the soft sole of a running trainer may impede your skipping. Skipping barefoot is sometimes preferable, however it certainly hurts when the rope whips your toes so watch out! It is best to find what works best for you.

A sweat towel

Skipping is a very high-intensity exercise and you will definitely sweat! Make sure you have a sweat towel nearby to wipe your face so that it doesn't put you off your workout.

A water bottle

You will also need a water bottle nearby to stay hydrated while you skip. Try to sip rather than



gulp as the jumping motion of skipping could end up making you feel a little nauseous if your stomach is too full.

You've got the training, you've got the kit, now for our top tips.



Top 10 tips for **skipping**

1

Don't jump too high

2

Relax your ankles

3

Keep your elbows close to your hips

4

Look up and not at the floor



5

Breathe steadily while you jump

6

Do intervals

7

Incorporate skipping into your normal workout for an additional cardio boost

8

Relax your shoulders

9

Take your time and be patient while your body gets used to the movement

10

Do intervals

