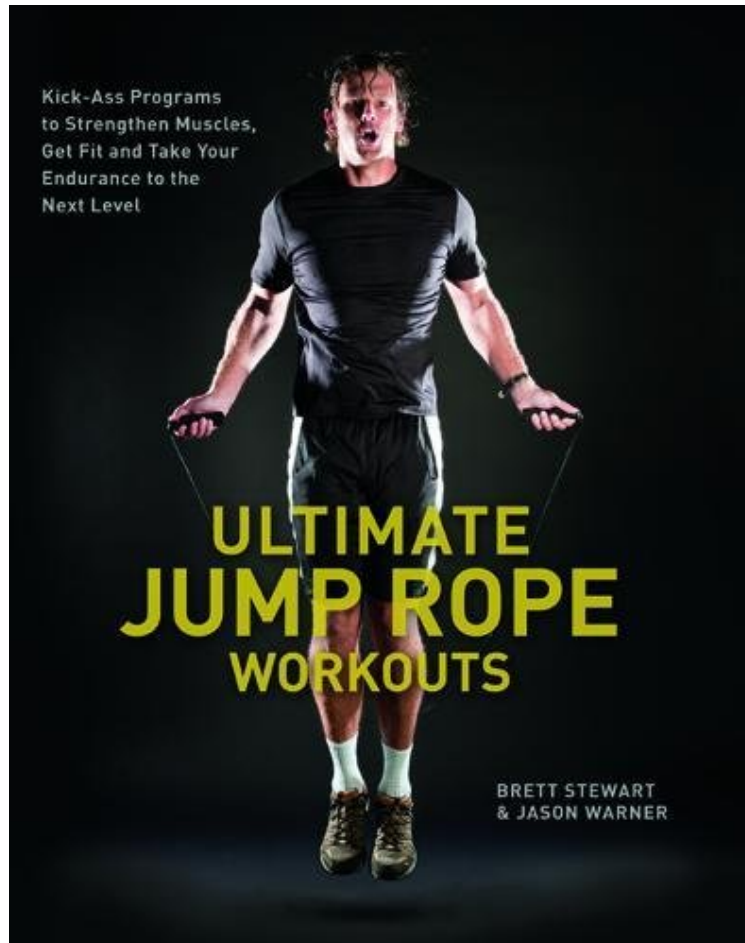


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Ultimate Jump Rope Workouts: Kick-Ass Programs to Strengthen Muscles, Get Fit, and Take Your Endurance to the Next Level

Brett Stewart, Jason Warner

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1 of 1 people found the following review helpful. Jump into itBy CustomerI have completely reconnected with my jump rope and it is real, have added more rope training to my Karate class and we see the improvement right away!4 of 8 people found the following review helpful. It was OkayBy GordonI really didn't learn that much new, but then I've jumped rope off and on for years. Its probably a better book for someone who has never use a jump rope for conditioning. The weekly schedule and progression would be helpful to a beginner.7 of 7 people found the following

review helpful. A switch in paceBy b2theburnsI am a runner! This summer I was traveling a lot by car, plane, and boat. This did not allow me to get my miles in. I needed to keep my cardio up so I tried this book...it worked! I put the book and jump rope in my bag and I had a portable workout! I also continued the program when I was not traveling and able to get my runs in. Brett has provided a workout that is different and difficult. I enjoy taking a playground game and turning it into a workout! I use to only think of jump roping as jump vertically over a rope and maybe throwing in a double under every now and again. This book adds variations to jumping rope to keep it interesting and engaging. If you want a quick way to elevate your heart rate the workouts in this book will do just that!

HARD-CORE JUMP ROPING FOR EXTREME FITNESSYou 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 musclesarms, 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 fitnessFrom 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.

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