

Rope-Jumping for Fitness

The fitness benefit from any exercise depends on how fast you move, whether it's jumping, running, cycling or any other activity. Jumping rope has to be a vigorous sport, because you must spin the rope at least 80 times a minute to keep it from tangling. Most people use more energy when they jump rope than when they run. Jumping 80 times a minute uses the same amount of energy as running a mile in less than 8 minutes, a fairly rapid clip for most people. If you enjoy rope jumping, do it at a pace that is comfortable to you and stop when you feel discomfort. To use rope-jumping for fitness, you need to be skilled enough to jump continuously for twenty to thirty minutes, and jumping that long and fast requires that you be in good shape. All you need is a ten-foot rope. The ends of the rope should barely reach your armpits when you stand on the middle of it. You don't need special shoes, but sandals or loose shoes are likely to cause tripping. Start out by spinning the rope forward so you can see it as it passes. Bend your knees to absorb the shock of landing and protect the force of your feet striking the ground. To keep yourself from falling, bend slightly forward at the waist. Start out gradually and work up to thirty minutes three times a week.

About the Author

Exercise must become one of those things that you do without question, like bathing and. How often, how long and how hard you exercise, and what kinds of.

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