

Did you know you
can burn over 100
calories by
jumping rope for
10 minutes?

JOIN US

FOR FUN AND GAMES



JUMP ROPE FITNESS

Have fun learning new
ways to jump rope.

Take a picture of yourself being active, tag
#GOFAR and post it on our Facebook and
Instagram pages.

Jump Rope Variations

SKIER: Jump from side to side, keeping feet together.

BELL: Jump forward and back, feet still together.

JACKS: On first jump, feet spread shoulder-width apart. Second jump, feet cross. Repeat. Then try the same front to back.

BUNNY HOPS: Hop on one foot. Try alternating feet.

TWISTER: Twist body to one side and then the other when jumping.

FIRECRACKERS: Jump as fast as you can.

FLASHBACK: Swing the rope in the other direction, jumping when it descends behind back.

CROSSOVERS: Cross your arms on every other jump.



DOUBLE UNDERS: Jump high, bringing knees to chest, swinging the rope fast enough that it swings around your body twice.

SNAKE: Kids in pairs, one wiggles the rope back and forth on the ground. Partner hops from one foot to the other down the length of the rope.

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