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Choose Your Jump Rope

Key considerations before you pick a rope:

Outdoor Rating
Will this jump rope be used indoors or outdoors? Many jump ropes now will wear out very quickly on hard surfaces like concrete, so it’s important to pick an outdoor rated rope if you’re planning on jumping outdoors.

Trick Rating
Will this rope be used to do tricks, like crossing moves? Many ropes now are built exclusively for speed, and won’t do crossing moves well.

Speed Rating
How fast do you want the rope to go? Competition speed jumping and CrossFit have really spurred much of the recent jump rope innovation, with a big variety of speed ropes now on the market.

Durability
Does your jump rope need to last for a while? Or is it OK if it breaks down after a few months? There are big differences in manufacturing and material quality that affect the durability of your rope.

Ease of Resizing
Are you OK with a jump rope that comes in one set size, or would you like to resize it to fit different people or activities?

Versatility
Do you want to use your jump rope indoors and outdoors? Do you want to swap out rope styles for different activities (for example for double under speed jumping and the freestyle jumping)? Some ropes are more versatile for many activities than others.
CHOOSING THE RIGHT ROPE

....continued

Fitness

These are excellent all-around jump ropes, equally useful for speed jumping or fancy hand movements and crossing moves. Comfortable handles with a quality cord is vital. It’s also important that your fitness rope doesn’t tangle, as it will probably live in your gym bag.

#1 - Fitness: Ultimate Fitness Rope

Why we love this rope: Ultra light (3.68oz) long ballistic plastic handles make for an easy, comfortable grip, extension tips with eyeball-bearing tips allow for excellent control, and four high grade metal ball bearings enable elite speed and durability.

Cost: $14.95

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#2 - Fitness: Cable Freestyle Jump Rope

Why we love this rope: It does everything well. The cable is faster than standard PVC or licorice ropes, making it perfect for workouts or tricks done at speed, and it has a little weight to it, which is nice when the goal is fitness. The long handles make crossing moves easier.

The cable won’t kink or tangle, so it’s great for throwing in a gym bag. The coated cable does well indoors, but will wear out on concrete or asphalt. When the cable wears out, just purchase a replacement cable for $4 instead of a whole new jump rope (the handles are made on an unbreakable plastic and will last a long time).

Cost: $13.95

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CHOOSING THE RIGHT ROPE

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#3 - **Fitness**: Boxer’s Training Rope

*Why we like this rope:* Heavy duty solid core 5mm PVC cord means it will last a while even if used on the toughest surfaces (like asphalt). Because the rope is attached to the handles at a 90 degree angle it’s very fast (great for double unders), but it won’t do intricate crossing moves as well.

Cost: $9.99

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**Children’s Ropes**

Jump ropes for kids don’t need to be extra fancy. A good combination of quality, cost and that “fun” factor is what’s important. These ropes are all made of very durable materials (so you won’t worry about them breaking or getting tangled up), they will last a long time even if jumping out on the playground or the street, and they’re all reasonably priced.

#1 - **Kids**: Single Beaded Rope

*Why we love this rope:* It’s made a new style of beads (made in the USA), that are both ultra light and very durable. These aren’t the same jump rope beads your dad used... they last forever and can take a beating. The rope comes with a 1 year warranty, and can be purchased in a variety of sizes and fun color combinations.

Cost: $6.49

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#2 - Kids: Short Handle Licorice Rope

**Why we like it:** This rope is made with a durable cord that won’t twist or tangle, and it comes with an innovate “snap lock” system that makes resizing the rope extremely simple. Comes in a variety of colors.

**Cost:** $3.20

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#3 - The “Extra Fun” Option:

Light Show Jump Rope

**Why we like it:** It’s just so cool! (We give it a 10 out of 10 on the “fun factor.”) This rope lights up and looks great in the dark (see a video).

It’s powered by a battery in the handle and offers a variety of different flashing modes. Handles are very durable, and the rope itself is surprisingly durable as well. Comes with a 90-day warranty.

**Cost:** $14.95

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**Competition - Speed**

If you’re a speed jumping competitor, you want a cable speed rope that will do around 6-7 jumps a second. Also key here is comfortable and lightweight handles with quality USA made cable (cable made in the US doesn’t kink or break as easily as Chinese cable). Durability, a balanced feel, and ease of adjusting for the perfect length are also important.
#1 - **Speed**: Elite Surge

**Why we love it:** This speed rope has become extremely popular for CrossFit double unders, but is also being used with much success in speed jumping competitions. Double ball bearing system in the handles give it an incredibly smooth and efficient spin. This rope is very light at 4oz (handles & cable). What really sets this rope apart, however, is the versatility, as you can easily swap out and use different styles of cable (including a heavy cable for outdoor use or an ultra fast bare wire cable for competitions).

**Cost:** $21.95

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#2 - **Speed**: Ultra Light Speed Rope

**Why we like it:** The lightest speed rope on the market, offering that extra little edge in competitions. Weighs only 2.4oz. Cord length is easy to adjust, and it comes in a variety of different colors and with a two-year warranty on the handles.

**Cost:** $16.95

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#3 - **Speed Budget**: Ultra Speed Rope

**Why we like it:** The same “ultra” fast rope as the Ultra Lights Speed, just with handles that are a little heavier. This is the original cable speed rope -- the one that revolutionized the

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**CHOOSING THE RIGHT ROPE**

...continued
sport of competitive speed jumping. Smooth turning with a lighting fast dowel. Comes with a big variety of cable and handle color variations.

Cost: $13.95

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**Freestyle**

In the best freestyle ropes, the handles and cord work together, allowing for great control over the rope. These ropes make intricate and complicated tricks much easier for the athlete. Both PVC and licorice style jump ropes are very popular, while beaded ropes allow for a greater presentation to judges and audiences. The licorice is faster and allows for greater ease in doing power moves and multiple unders.

**#1 - Freestyle:**
**Championship Long Handle Freestyle**

*Why we love this rope:* It can be used indoors or outdoors (it uses a super durable PVC rope), and the rope is kink resistant. The long handles with the foam grip make it easy to use and perform any freestyle tricks. It’s extremely easy to resize, it’s inexpensive, and it comes in a variety of colors (for those presentation scores). See a video of this rope in action.

Cost: $8.95

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**#2 - Freestyle:** Custom Single Beaded Rope

*Why we love this rope:* This is a beaded jump rope with the option of adding an 8” padded long handle and customizing the
length of the beads. It also has infinite options for customizing bead colors and patterns. The 8” long handles give you an edge when performing intricate crossing moves. Made with ultra light beads for a quicker spin.

Cost: $7.99

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#3 - Freestyle: Single Beaded Rope

**Why we like it:** Call us old fashioned, but we still think presentation matters at freestyle competitions. Choose from a big variety of beaded color combinations. Made with ultra light, unbreakable beads for a quicker spin and a long lasting rope.

Cost: $6.49

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Sizing Your Jump Rope

We’ve helped size thousands of jump ropes over the years, and we’ve found the standard “hold it up to your armpits” method somewhat lacking. While it’s useful as a general guide, it’s really not specific enough for the unique styles and goals of each individual, especially for people who want to improve at rope jumping.

Sizing Chart

To start with, you should purchase a jump rope in an appropriate length and then adjust the size from there. Generally, start with a jump rope in the lengths outlined in this sizing chart:

<table>
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<th>Length of Rope</th>
<th>Height</th>
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<tr>
<td>7 feet</td>
<td>Shorter than 5’ 2”</td>
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<tr>
<td>8’</td>
<td>5’2” - 5’ 6”</td>
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<tr>
<td>9’</td>
<td>5’ 6” - 6’ 2”</td>
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<td>10’</td>
<td>6’ 3” - 6’ 7”</td>
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Form & Sizing Method

Because of the variance in the length of the people’s legs, arms, and torso, a generic sizing method doesn’t work perfectly. Rather, when we size a jumper, we look at how high the jump rope is over the head while jumping. For any sizing method to work, it is very important that the jumper is using proper form. Most importantly, the hands are just in front of the hip bones and not held out wide when jumping. If there is nobody to watch you, a reflection in a mirror provides you with the height.

Fitness / Double Unders

Correct sizing: The rope/cable clears 6” to 10” over your head at its apex when jumping.

When we observe people jumping rope in the gym or doing double unders for CrossFit, it is typical to see the cable 12” to 36” over their heads. For fitness workouts this rope length is much too long (for most people), and is really slowing them down. Our suggestion for fitness workouts and double unders would be to size the jump rope so that it is traveling over the head by 6”-10”. I do not hold tight to this rule because there are so many great jumpers that use a variable
of different heights. It needs to be a height that you are comfortable with. The idea is to get the rope turning around your body with as little effort as possible with maximum rope control. A jump rope that is too long will be sloppy and take too much effort to turn.

**Beginners**

Because speed is not the objective, a longer rope is ideal for children and beginners. A longer jump rope slows things down and allows for timing that is not perfect.

**How to size:** Stand on the jump rope in the middle of the cord with both feet. The BOTTOM of the jump rope handles should come up to the armpit.

**Speed Jumping**

**Correct sizing:** The cable clears 2” to 6” over your head at its apex when jumping.

It is all about speed and control. Going as fast as you can without making mistakes. Going 6-7 jumps a second takes great strength, endurance, and control of the jump rope. Typically the fastest jumpers in the world have the cable 2” to 6” over their head (some even down to 1”). They typically crouch down to make the circumference traveled by the jump rope even smaller.

**Freestyle**

**Correct sizing:** The rope clears 12” to 24” over your head at its apex when jumping.

Doing jump rope tricks is all about placing the handles of the jump rope in the right place at the right time. For this to happen, it is best to use a jump rope that will give the jumper the most control over the rope. For freestyle, the correct length is whatever the jumper is most comfortable with. Typically the jump rope will be 12” to 24” over their heads. However it is not uncommon to see the ropes only a few inches the head of many competitive freestyle jumpers. There is more variation in jump rope sizing for freestyle than any other type of jumping.
Learning to Jump Rope

Rope jumping is a simple, easy-to-learn activity that is great for fitness and can be done just about anywhere. I’ve put together this simple tutorial for learning the basic jump and the jog step, the two most foundational jump rope movements. Once you’ve mastered the basics, see our tutorials on beginner and intermediate tricks.

Before You Start …

Pick the right surface: Jump rope should be a low impact activity. Jump on a 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. Stay away from concrete (unforgiving) and carpet (will make your rope bounce and you will have to jump higher to clear it).

Learn The Basic Jump
(20 Minutes)

Here are a few helpful strategies for starting out. The single bounce or “basic jump” is the absolute foundation of jumping rope. Become an expert at the single bounce, and learning more difficult skills will become much easier. I can’t stress this enough!

1. Start with your hands in the “ready” position. Grip the handles loosely with your fingers, not your palms. You want to avoid giving your handles a “death grip.” A loose grip will allow for a natural and more efficient turn of the jump rope and allow for greater speed. Hold the jump rope in front of you with your hands together and your elbows in close to your body.

2. Practice a toe catch. Place the rope behind you and turn the jump rope over your head. Catch the jump rope under your toes and lift up your heels and let it out from underneath your feet. Repeat this movements until you become comfortable spinning the rope and catching it under you feet. The key to
learning any physical skill is repetition: teaching your muscles a motion and creating a memory of how to do it. In jump rope, practicing correct movements is the key to learning.

3. **Pretend jump.** Jumping rope is all about timing the turn of the rope with your jump. Try taking an imaginary jump rope and pretending to turn it over your head and jump rope with it. Yes, you’ll look ridiculous, but this is a great way to practice your jump and proper form. Jump on the balls of your feet with your body fairly erect. Your heels should not touch the ground, and your elbows should be near your sides with your wrists doing the work, not your arms. Continue for several minutes. Once you feel comfortable with the motion, continue to the next step.

4. **Practice timing.** Another great way to practice correct timing is to place both handles of the rope in one hand and turn the rope at your side and jump. Try to coordinate both movements and, if possible, have somebody watch you to make sure the timing is correct.

5. **Try the real thing.** Now it’s time to try with a real jump rope. Be patient with yourself and go slow. Challenge yourself to do one jump. Then two jumps. Then three, etc. Always try to improve upon your personal record. Improvement will come quickly with persistent practice. Don’t give up!

**Common Mistakes**

- **Too much arm, not enough wrist:** Don’t swing your arms to spin the rope. Instead, use your wrists. Your hands should be held near the front of your hip bones with your wrist doing a majority of the work. The elbows do a small pumping motion in combination with the work of the wrists. The only exception to this us your very first turn of the rope will require some arm movement. You do not want your arms to come out away from your body. Besides looking funny, it makes the rope too short and slows the rope down.

---

*Images:*
- The toe catch
- Too much arm, and a heel kick.
LEARNING TO JUMP ROPE
....continued

- **Jumping hunched over**: You want to jump straight up and down with your butt and hamstrings absorbing the shock. Good form includes making a good athletic arch in your lower back with shoulders back. The biggest mistake most people make is bending forward and hunching their shoulders. The only time this is OK is in competitive speed jumping (doing 6-7 jumps a second) where the competitor needs to bend forward to make the path the rope travels smaller. See a speed jumper in action.

- **Jumping too high and/or kicking heels up**: Jump only a few inches off the ground. The cord or cable is no more than 5mm in diameter, so you don’t have to take big leaps. Jump rope should be a very low impact activity.

- **The double bounce**: Double bounces (where you hope twice between each spin of the rope) can become a bad habit and hard to break. Increase the speed of the rope and force yourself to do a single bounce. Pause between jumps and do not allow for two jumps between turns.

**The Jog Step**

After learning the single bounce jump, the jog step is your next challenge. The jog step is one turn of the jump rope for every step taken.

A common mistake is to take a step with both feet with one turn of the rope. Instead, lift your foot up (don’t kick back or the rope will get caught on your foot), and turn the rope under. You can start very slowly and increase speed as skill increases. Remember to lift your knees and keep your feet from coming off the ground very high.
Whether you’re interested in jumping rope for fitness, competition, or just for fun, there are some basic techniques that everyone should know. Below are some of the skipping rope tricks that everyone should try to learn. Not only do they look impressive, but they’re also physically demanding enough to provide a great workout.

We’ve also created videos demonstrating the following tricks.

- Basic Tricks Video
- Intermediate Tricks Video

**Side Swing**

- Twirl rope to one side
- Repeat on the opposite side
- Twirl rope alternatively from side to side

**Hint:** Keep hands together, keep feet together

**Basic Jump**

**Single Bounce**

- Jump on both feet
- Land on balls of feet

**Hint:** Keep feet, ankles and knees together

**Double Side Swing & Jump**

- Twirl rope to left side
- Twirl rope to right side
- Jump over rope

**Hint:** Keep hands together on side swings, keep feet together
Skills & Tricks

Single Side Swing & Jump
- Twirl rope to left side
- Jump over rope
- Twirl rope to right side
- Jump over rope
Hint: Keep hands together on side swings, keep feet together

Skier
Side To Side
- Jump left
- Jump right
Hint: Feet move laterally 4-6” to each side, keep feet together

Bell
- Jump forward
- Jump backward
Hint: Feet move 4-6” forward & backward as a bell clapper, keep feet together

Straddle
Spread Together
- Jump to a straddle position
- Return to basic bounce
Hint: Spread feet shoulder width apart
Scissors
• Jump to stride position with left foot forward
• Jump and reverse position of feet
**Hint:** Feet 8-12” apart

Straddle Cross
• Jump to straddle position
• Jump to crossed legs
**Hint:** Feet shoulder width apart

Wounded Duck
Alternate Toes/Heels Together
• Jump, toes & knees touch, heels spread
• Jump, heels touch, toes and knees spread
**Hint:** Alternate toes touching and heels touching

Crossover
Cross Arms
• Cross arms and jump
• Open rope, basic bounce
**Hint:** Cross right arm over left, cross left arm over right
Skills & Tricks

Full Turn
One Complete Circle With Rope In Front

- Turn body left, with right turn of rope
- Side swing right, body turns right
- Full turn body makes full turn to right
- Jump rope forward

Hint: Follow rope, rope and body may turn left

Heel To Heel

- Jump and touch left heel
- Jump and touch right heel

Hint: Heel touches are forward

Toe To Toe

- Hops on left foot, touch right toe
- Hops on right foot, touch left toe

Hint: Keep body over weighted foot

Forward 180

- Side swing left, half turn of body right
- Jump over backward turning rope

Hint: This is a half turn rotating the rope from forward position to backward jumping position) Follow rope, rope and body may turn to left.
Skills & Tricks

...continued

Backward 180
Turn Keeping Rope In Front Of Face

- Jump backward, turning rope
- Half turn of body left, facing rope
- Jump rope forward

Hint: Follow rope, rope and body may turn left

Heel-Toe
Alternate Heel-Toe Touch

- Hop on left foot, touch right heel forward
- Hop on left foot again, touch right toe backward
- Repeat on opposite side

Hint: Heel-toe as in a polka

Kick Swing
Alternate kick or swing feet, forward, sideward, backward

- Hop on left foot, swing right leg forward
- Hop on right foot, swing left leg forward

Hint: Repeat directions sideward and backward

Peek-A-Boo
Alternate Toe Touch Sideways

- Hop on left foot, touch right toe right
- Hop on right foot, touch left toe left

Hint: Keep feet close to floor
Skills & Tricks

...continued

**Double Peek-A-Boo**
Double Toe Touch Sideways

- Hop on left foot, touch right toe right about 6”
- Hop on left foot again, touch right toe right about 12”

**Hint:** Keep feet close to floor

**360**

- Execute numbers 18 and 19 in a continuous sequence
- Repeat 2 or more times

**Hint:** Follow rope

**Twist**

Rotate Hips From Side To Side

- Jump and rotate hips right
- Basic jump
- Jump and rotate hips left

**Hint:** Advanced twist, execute nos. 1 & 3 in a continuous sequence

**Can Can**

Knee-Up-Touch Kick

- Hop on right foot, left knee up
- Hop on right foot, touch left toe
- Hop on right foot, kick left leg
- Basic jump

**Hint:** Knee lift and kick are waist high, repeat on opposite leg
Shuffle
Side Step & Touch
• Step sideways to the right, touch left toe beside right foot
• Step sideward to the left, touch right toe beside left foot
Hint: Keep feet close together

Side Swing Crossover
Alternate Side Turn- Cross- Side Turn- Cross
• Twirl rope on right side
• Criss cross (number 1)
• Twirl rope on left side
• Criss cross
Hint: On criss crosses, number 2 right arm crosses over left, number 4 left arm crosses over right

Double Under
• Whip rope to increase speed
• Rope passes under feet twice during one jump
Hint: Jump higher than normal at first

Grapevine
• Step right on right foot
• Left foot crosses behind right
• Step right on right foot
• Kick the left leg forward right
Hint: Each step is taken over the rope, repeat to the left
Double Unders Guide

Double unders are used in the workout regimens of boxers, CrossFitters, and martial arts athletes to build agility, quickness and burst.

Quickly, What Is A Double Under? Simply, a double under is two spins of the rope for every jump.

Start With The Right Rope

Not all jump ropes are created equal, and some jump ropes are definitely better for double unders. Specifically, look for a speed rope for double unders. Speed ropes are made with a cable (bare or coated), which enables the rope to cut through the air much more efficiently than a beaded rope, a leather rope or a PVC licorice rope.

Speed ropes also are often built with ball bearings in the handles to enable a quicker, more frictionless spin.

Our recommended rope for all speed work and double unders is called the Elite Surge. By using your own rope every time, your body and mind will become familiar with the mechanics of the movement and it will become second nature.

Changing ropes can alter the speed and mechanics, and even slight changes can disrupt your timing.

Proper Form

Proper form is critical to double under success. You can get by with bad form for a few jumps, but you’ll never get to a high level where you can string a bunch together in a row (like 100 or more) without proper form. The biggest thing to keep in mind is it’s all in the wrists. Don’t use your arms to spin the rope (this is the most common mistake people make). If you feel like you’re doing giant windmills with your arms, you’re doing it wrong. Here are a few other things to keep in mind:

• Jump low - the cable is only 3/32” in diameter, and it spins fast, so you don’t need to take huge leaps. See how high this double under pro is jumping?

• Keep your hands in front of your hips

• Stand fairly erect (a slight forward hunch is OK)

• Concentrate on focusing your eyes on one spot
DOUBLE UNDERS GUIDE

....continued

- Relax your shoulders
- Land on the balls of feet
- Avoid piking (where you push your feet out in front of you when you jump ... a common mistake)

It’s common to see double under beginners using inefficient double under form, with piking, inconsistent jump height and big arms swings. With these types of movement, fatigue sets in more quickly.

Practice Techniques

If you’ve started doing double unders, but are struggling to achieve mastery, here are a few techniques that will help you get to that 100-in-a-row level. Becoming proficient at double unders is all about developing muscle memory and learning the rhythm.

1. **Start by practicing without a rope**, slapping your thighs twice for every jump. This will help you learn the rhythm without having to stop when you miss.

2. **Do a 100 single jumps in a row.** It’s important to be a good rope jumper before you can become a great double under jumper. How can you do 100 double unders in a row if you can’t do 100 single jumps in a row?

3. **Use speed training balls.** These will also help you develop rhythm without having to stop for mistakes. Speed training balls help correct weakness, and improve coordination and strength for spinning the rope quickly and efficiently.

4. **Try two in a row.** Then stop. Do three in a row. Then stop. Etc. Just continue to add as you master each level without missing. At this point you are trying to create a reproducible rhythm. After 5-6 double unders in a row you are very close to keeping it going for long periods of time.
Personal Bests & Competitions

If you have become pretty good at double unders, and are ready to push yourself to the next level (for a CrossFit competition or just a personal best), here are a couple tips:

1. **Use a bare cable.** Bare cables wear out quickly and can really hurt (“tiger stripes”) if you miss and slap the back of your legs... but they are insanely fast.

2. **Practice staying still in one spot.** You lose energy and efficiency if you are moving all over the place when jumping.

3. **Be mindful of your hand position.** Have somebody watch you and warn you if you are using too much arm.

4. **Develop equal strength in both arms** using speed training balls. Athletes with a weaker left or right arm tend to bring one arm back, resulting in bad rope form and the need for a longer rope to accommodate the sideways motion of the rope.

Common Mistakes

- **Piking:** Athletes that pike (legs come out straight in front) tend to hold their arms out straight, resulting in the need for a longer rope to accommodate the longer, straighter arms.

- **Forearm position:** Athletes who turn their forearms down need a longer rope, as they are pushing the rope down to the ground each jump.

- **Donkey kick:** A donkey kick, or kicking your feet back, is an easy problem to fix. Keep your gaze forward, and keep your jump height consistent, and you will notice your “kick” goes away.

- **Hand height:** Be careful about moving your hands up or down as fatigue sets in.

- **Jump height:** Not jumping the same height each time affects rhythm.

- **Jumping too fast.**
Improve Your Speed

Speed skipping is a calorie crusher and an awesome way to get in a quick workout. What is speed skipping? Essentially, it’s a lightning fast jog step. It’s one of the core disciplines of jump rope competitions (and a great way to work up a quick sweat).

The best “speed skippers” in the world make about 7 jumps a second. Last year at the World Jump Rope Championships in Hong Kong, Zongfei Duan of China set a new world record with 210 jumps in 30 seconds.

While you might not get to the level of Zongfei, you can certainly learn to become a proficient speed jumper. Here are the three primary techniques we preach when people ask us how to increase their skipping speed.

**Speed Beats**

Simply, speed beats are audio tracks that contain a certain amount of beats per second. It’s a technique pioneered by Chinese speed skipping teams (who are using it to incredible success). Speed beats can be downloaded as an mp3 and played via your headphones or on any digital music player.

**How it works:** You match your steps with the beat. As your speed improves, you continually increase the speed of the beats and try to follow along. For example, if you’re hoping to achieve 240 jumps in one minute, you would set your speed beats to 4 beats a second. Speed beats can be set to music (which for me makes the workout much more fun).

**Note:** We hope to make speed beats with music available on our website for download in the near future.

**Speed Balls**

Speed balls have long been used by the fastest jumpers in the world to increase arm strength and coordination, but are still relatively unknown out of speed jumping circles.

We invented the speed ball system to help competitive jump rope teams. As we worked with speed jumpers, we noticed some were either extremely right or left hand dominant. As their
speed scores increased, their less dominant hands had a hard time keeping up with the pace, and speed scores plateaued.

The Speed Balls help improve the coordination and strength of the less dominant hand. When used by speed jumpers, the speed balls have helped improve scores dramatically.

How it works: Competitive jumpers will tell you that it’s the arms that wear out while speed jumping, not your legs. Speed balls allow you to work on your arm strength and endurance without the worry of stepping on or tripping up the jump rope.

Also, the balls won’t spin properly or in unison if you have poor form, providing you with instant feedback for improvement.

Use A Fast Rope!

The type of jump rope you use will make a big difference in your skipping speed. Standard licorice or beaded ropes are just much to slow because the rope won't cut through the air fast enough.

Ideally, you will use a cable rope with a bare wire cable, which has the weight, aerodynamics and the stiffness to spin as fast as your wrists will turn it. (Be warned: the bare wire cable definitely stings, and will leave a mark, if you miss and whip a bare leg or arm.)

For speed jumping competitions or workouts, there are a variety of options, but I recommend the Ultra Light Speed or Elite Surge cable jump ropes.

Why: In speed jumping, arm fatigue is your biggest enemy. The Ultra Light speed rope is the lightest speed rope on the market. The entire rope with the cable weighs only 2.4 oz, which will make a big difference with arm fatigue - the chief cause of misses. Less misses = better scores.

It also features an unbreakable polymer plastic dowel that makes for a very smooth spin. The Elite Surge is also very light, but has a faster spinning handle.
Enjoy this 10 minute jump rope workout for a quick morning or afternoon heart rate kick-start. We find the best jump rope workouts for burning calories and toning shoulders, arms, legs and chest include variety and intervals.

This jump rope exercise plan was designed by former world and national jump rope champion (and current yoga instructor) Heather Turner.

**TIP:** If you’re unfamiliar with any of the moves listed below, see our list of jump rope tricks. We’ve also made a video of this workout.

### Workout Plan
- 30 seconds basic two foot jump
- 30 seconds alternating jog step
- **Recovery:** 30 second recovery with standing sideswing (to make more difficult, do a 2 foot jump)
- 30 seconds alternating jog step
- 30 seconds straddle jump
- **Recovery:** 30 seconds standing sideswing (to make more difficult, do 10 pushups & 10 burpees)
- 30 seconds skier jump
- 30 seconds single foot jump (15 seconds each leg)
- **Recovery:** 30 seconds standing sideswing (to make more difficult, 30 seconds jog step)
- 30 seconds bell jump
- 30 seconds one foot skier jump (15 seconds each leg)
- **Recovery:** 30 seconds standing sideswing (optional pushups and burpees)
- 30 seconds jog step
- 30 seconds crossover (alternating top arm)
- **Recovery:** 30 seconds standing sideswing (optional jog step)
- 30 seconds straddle cross jump
- 30 seconds scissor jump (alternating feet front to back)
- **Recovery:** 30 seconds standing sideswing (optional pushups and burpees)
- 1 minute jog step (as quick as you can go)