

TOTAL BODY CONDITIONING & STRENGTH TRAINING

HI★JRT

JUMP ROPE TIPS AND QUICK-START GUIDE

JUMP ROPE SELECTION

JUMP ROPE LENGTH AND WEIGHT

JUMP TECHNIQUE

STANCE, GRIP, AND HAND POSITION

ROPE ROTATION

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JUMP ROPE SELECTION

It's very important that you have the proper equipment when performing any exercise, and that is especially true for HI-JRT. Using a quality jump rope will allow you to advance your skill level and perform all the moves to the best of your ability.

We recommend using a speed rope for all the HI-JRT training workouts. These ropes typically consist of a thin PVC or plastic cord with plastic handles. Some advanced speed ropes contain a steel cable core wrapped with a plastic covering, for added weight and durability. Used by professional boxers and MMA fighters, speed ropes are responsive and have the ability of generating a lot of speed.

Speed Ropes range from about \$10 for a basic rope, to about \$50 for a more advanced cable style rope. Professional quality speed ropes will often contain bearings or mechanisms within the handles to aid in rotation. High-end speed ropes are usually adjustable or allow the ability to switch out different rope lengths and weights.

For beginners, a basic speed rope should be sufficient, as long as it is adjustable. As you progress and begin performing more advanced moves, you may want to invest in a high quality cable rope.

RECOMMENDED JUMP ROPE



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JUMP ROPE LENGTH & WEIGHT

Using a properly sized jump rope is essential in HI-JRT to effectively perform all the moves. Most professional quality speed ropes are either adjustable or allow you to order specific rope lengths for your height.

To determine the proper rope length for your height, stand upright with your feet together. Place the center of the rope under one foot, in the arch. Make sure the handles of the rope are even and extend the handles up close to your chest. Both ends of the rope (not the handles) should end at approximately the center line of your chest. With the handles extended, extend one arm out to your side and parallel with the floor. The end of the handles should intersect with your armpit.

A good starting point when determining the proper rope length is to add 3 feet to your height. For example, if you are 5 ft 9 in tall, your rope length (minus handles) should be 8 ft 9 in. The exception to this is if you are under 5 ft 6 in, at which case you would add 2 ft 10 in to your height to determine the proper rope length. Please refer to the sizing chart below.

You should also consider the weight, or width of the jump rope cable. Choosing a thinner, or lighter cable may allow you to rotate the rope faster, but may also be more difficult to control. A thicker, or heavier cable will provide more feedback to your hands, so you know where the rope is and can adjust your jump timing. A good starting cable weight is 3-5oz.

JUMP ROPE SIZING CHART

HEIGHT	ROPE LENGTH	HEIGHT	ROPE LENGTH	HEIGHT	ROPE LENGTH
4' 6"	7' 4"	5' 4"	8' 2"	6' 2"	9' 2"
4' 7"	7' 5"	5' 5"	8' 4"	6' 3"	9' 3"
4' 8"	7' 6"	5' 6"	8' 6"	6' 4"	9' 4"
4' 9"	7' 7"	5' 7"	8' 7"	6' 5"	9' 5"
4' 10"	7' 8"	5' 8"	8' 8"	6' 6"	9' 6"
4' 11"	7' 9"	5' 9"	8' 9"	6' 7"	9' 7"
5' 0"	7' 10"	5' 10"	8' 10"	6' 8"	9' 8"
5' 1"	7' 11"	5' 11"	8' 11"	6' 9"	9' 9"
5' 2"	8' 0"	6' 0"	9' 0"	6' 10"	9' 10"
5' 3"	8' 1"	6' 1"	9' 1"	6' 11"	9' 11"

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JUMP TECHNIQUE

You will remain on the balls of your feet throughout the majority of the HI-JRT moves. Your knees should be slightly bent, allowing you to maintain a constant vertical bounce and absorb the minimal impact.

With the exception of some advanced moves like High Knees and Butt Kicks, you only need to jump 1-2 inches off the ground, just enough to allow the rope to pass under your feet. If you have to jump higher or bend your knees to avoid hitting your feet, then your rope length may be too short.

Maintain a steady timing while jumping. Your feet should contact the ground at a consistent tempo.

KEY POINTS

KEEP FEET TOGETHER
JUMP ON BALLS OF YOUR FEET
JUMP 1-2 INCHES OFF THE GROUND
KNEES SLIGHTLY BENT
JUMP STRAIGHT UP AND DOWN
CONSISTENT TEMPO

COMMON MISTAKES

JUMPING TOO HIGH
INCONSISTENT TIMING
BENT KNEES
PIKED LEGS

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STANCE, GRIP, AND HAND POSITION

For proper stance, stand with your feet close together. You will remain on the balls of your feet at all times. Your body position should remain upright and tall, with your back straight, chest up, and shoulders back. Your head and neck should be in neutral position, shoulders should be relaxed and you should be looking straight ahead.

Your grip on the handles should be relaxed, with your thumb on top and your index finger below, as if you were handing someone a pen. Gripping the rope too tight may cause forearm fatigue and effect your ability to rotate the rope efficiently.

Your hands should be turned outward and pointing slightly down, just in front of your hips. Keep your elbows tucked close to your body and slightly behind your hips. Your hands should remain at the center line of your body at about your hip level.

KEY POINTS

STAND UPRIGHT

FEET TOGETHER

HANDS AT MID LEVEL OF BODY

ELBOWS IN CLOSE

PALMS FACING FORWARD

RELAXED GRIP

COMMON MISTAKES

ELBOWS AWAY FROM BODY

HANDS TOO HIGH OR LOW

HANDS TOO FAR IN FRONT OR BEHIND BODY

GRIP TOO TIGHT

BENT AT THE WAIST

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ROPE ROTATION

When swinging the rope, it should remain in a constant and steady speed throughout the entire rotation around your body. Rotation of the rope should be controlled by your hands and wrists, not by your forearms, elbows, or shoulders. As the rope rotates, your hands should remain at the center line of your body, with minimal movement either up and down or front to back.

Once initial rotation has begun, let the rope do the work. The centrifugal force of the rope will carry it up and over without you having to pull the rope up behind you, or whip in down in front.

The rope should make contact with the floor about 10-12 inches in front of your toes, allowing it enough room to pass under your feet without hitting your toes, while creating the least amount of drag or slack that could alter the fluid motion of the rope.

KEY POINTS

CONSTANT & STEADY SPEED
ROTATE WITH HANDS AND WRISTS
LET THE ROPE DO THE WORK

COMMON MISTAKES

ROTATING AT THE ELBOWS OR SHOULDERS
MOVING HANDS UP AND DOWN
PULLING THE ROPE UP BEHIND
FORCING THE ROPE DOWN IN FRONT
INCONSISTENT SPEED / TIMING

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