

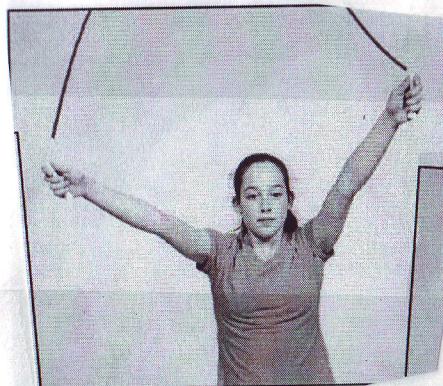
- Jump Rope
- Simple Cues to Remember:
- (A) Rope should start behind you in a loose position
 - (B) Step over the rope
 - (C) The middle of the rope in the body
 - (D) Use your hands + wrists to swing the rope over your head
 - (E) Hammerin' Balance
- Jump Rope #1: Follow Through
- Action Phrases
- (A) Find a jump rope that has the right length
 - (B) Extend your hands forward
 - (C) Step over the rope in one way of 45 degree angle
 - (D) Step over rope in one direction
 - (E) Hammerin' Balance
 - (F) Stand on your tip toes
 - (G) Cutters of push off
 - (H) As the rope comes forward
 - (I) Step #3: Follow Through
- Jump Rope #2: Hammarin' Balance
- Action Phrases
- (A) Step over the rope in one way of 45 degree angle
 - (B) Step over the rope in one way from your body at 90 degrees
 - (C) feet of shoulder width apart
 - (D) Use your hands + wrists to swing the rope over your head
 - (E) Hammerin' Balance
 - (F) Stand on your tip toes
 - (G) Cutters of push off
 - (H) As the rope comes forward
 - (I) Step #3: Hammerin' Balance

Jump Rope

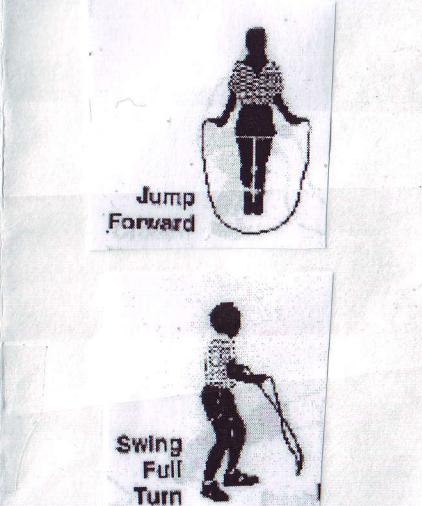
Step #1



Step #2:



Step #3:



Cues to Remember:

Try to keep good posture during this trick. If you don't stay upright, I have a hunch you'll be hunching. ☺

