**Just jump!**

Remember playing skip rope in elementary school gym class? Bring back the nostalgia and get your heart pumping with just 15 minutes of this fun cardio alternative!

**The Basics: How to jump rope**
Stand with your feet together and hold the rope behind your heels. Swing it up over your head, and jump over it when it hits the ground. You don’t have to jump high—a couple of inches are all you need to let the rope pass under your feet.

Alternate jumping continuously for 1 minute then resting for 1 minute, for a total of 6 minutes.

**Next Step: Jumping jacks**
Begin with the regular jump pattern. On your 2nd jump, land with your feet apart. On your next jump, land with your feet together again. Alternate between these two landing positions.

Alternate between doing the jumping jacks for 1 minutes and resting for 1 minute, for a total of 6 minutes.

**Advanced: Alternating feet**
Begin with the regular jump pattern. As you jump over the rope, lift one foot and land on the other. On the next cycle, land on the other foot. Continue to swing and jump, alternating feet as if you are running.

If you find you’re having trouble with this, add an extra little hop between each jump. Do this for 3 minutes continuously.

**Happy jumping!**

**What you’ll need:**
1. A skipping rope—it should be long enough that if you step on the centre of it, the handles reach up to just past your armpits.
2. Sufficient space to move around.

**Sources:**