Title: Rope Jumping / Jump rope / Skipping

Primary Muscle Groups: Calves, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs, Hamstrings, Quadriceps

Summary: <ol>

<li>Hold one rope end in each hand out to your sides with the middle of the rope behind you.</li>

<li>Keep the rope ends even with your hips.</li>

<li>Rotate your wrists to swing the rope up over your head.</li>

<li>As the rope  swings down in front of and towards you, jump over the rope with both feet.</li>

<li>Continue rotating your wrists to swing the rope behind you, back up over your head to repeat.</li>

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