



# Ultimate Jump Rope Workouts: Kick-Ass Programs to Strengthen Muscles, Get Fit, and Take Your Endurance to the Next Level

*Brett Stewart, Jason Warner*

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## **HARD-CORE JUMP ROPING FOR EXTREME FITNESS**

You certainly jumped rope as a kid, but you probably didn't realize this fun activity is also a kickass workout for shredding all the major muscles—arms, legs, butt, abs, shoulders and chest. With this book, you turn a simple jump rope into a power tool to:

- **Build muscle**
- **Boost endurance**
- **Amplify explosive power**
- **Improve agility**
- **Enhance overall fitness**

From beginning tips on proper form and picking the right rope to advanced tricks like double unders and knee tucks, *Ultimate Jump Rope Workouts* will teach you to jump like a pro and get in the best shape of your life.

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