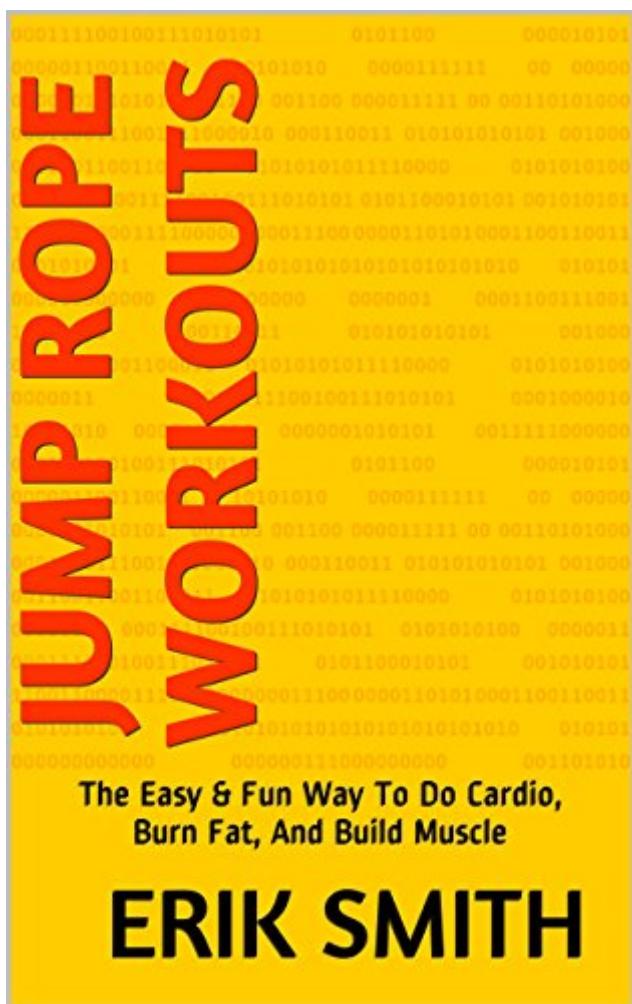


The book was found

Jump Rope Workouts: The Easy & Fun Way To Do Cardio, Burn Fat, And Build Muscle



Synopsis

The easiest way to perform cardio is though to be running. But what id you could do something that is actually better for you and will burn more calories?Enter the art of jump roping.You will learn in this short guide exactly what you need to know in order to start working out and benefiting from a jump rope workout routine that will help you burn fat and tone your muscles.What else are you waiting for?Get it if you are tired of performing cardio every week and not seeing results. Jumping rope will help you and this will be your guide to get you there.

Book Information

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Customer Reviews

Small yet packed with tips and suggestions along with detailed instruction on how to begin, improve your stamina and increase your jumping time. I could have read more in this book. I really enjoyed how he made it simplified for a beginner, but also included more advanced moves so that you can progress with this one book. He even included videos and where to buy inexpensive ropes.

This book was very motivating. I tried jumping rope before but would get tired quickly. It wasn't until I

read this book that I found out I was doing some things wrong. I like that the author provided some beginner and advanced workouts too. Thanks Mr. Smith.

Good information on basic and some intermediate techniques. The workout section could have been fleshed out a little more. The misspellings are a bit distracting and do not build confidence in the author's credibility but cross checking his information proved him to be on point.

I am an avid skipper. Growing up I actually had neighbours that were on world class skipping teams. I was always struggling to keep up but eventually I became a very good skipper. Skipping is a fantastic cardio workout and I cant tell you that this book really offers some excellent and challenging skipping workouts that will get you the fitness results that you want!

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