



## JUMP ROPE

### TRAINING GUIDE

Thank you for choosing SKLZ Jump Rope, an essential tool for fitness. The following training guide will show you how to use the Jump Rope in different ways to push your conditioning to the next level. By following the included drills provided by EXOS, you'll be conditioning with the same methodology used at EXOS' world-class facilities.

If there is anything else we can do to help you optimize your training, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

### BEFORE YOU BEGIN:

- » Read all setup and usage instructions carefully.
- » Make sure you have all of the Jump Rope components. Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » This product is not suitable for children under 3 years of age.
- » Exercise in open area free of hazards.

### ⚠ WARNING:

- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use. If any defects are found, do not use product.
- » To avoid cord entanglement, ensure any children under the age of 12 are under close adult supervision. Store out of reach of children under 12 years of age.

SKLZ offers a limited 1-Year warranty for this product, visit [SKLZ.com](http://SKLZ.com) for full warranty details and to register your product.

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### IMPORTANT:

SAVE THIS INFORMATION IN THE EVENT THAT THE MANUFACTURER NEEDS TO BE CONTACTED FOR REPLACEMENT PARTS.

### ⚠ SAFETY INSTRUCTIONS:

FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE AND WILL VOID YOUR WARRANTY.

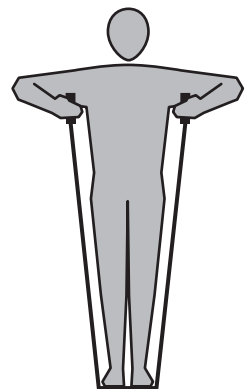
Most injuries are caused by misuse and/or not following instructions. Use caution when using this product.



### SET UP

#### DETERMINE PROPER LENGTH

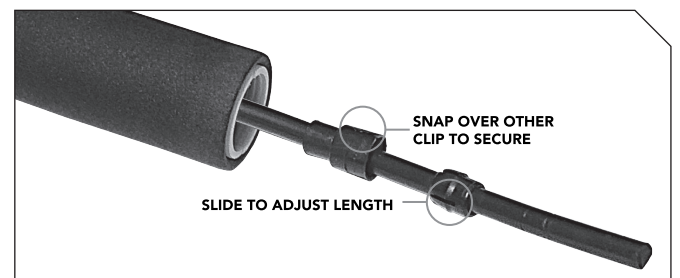
- 1 - Stand in the middle of the jump rope with both feet together.
- 2 - Bring both handles up toward your shoulders. Handles should reach your armpits.



CORRECT LENGTH

#### TO ADJUST YOUR JUMP ROPE

- 1 - Unscrew the bottom of the handle and separate the plastic clip
- 2 - Once the clip has been separated, adjust the rope to your desired length. Excess rope may need to be cut off to fit back into the handle.
- 3 - Slide the plastic clips back together to secure your rope.
- 4 - Screw the cap back on.



VISIT [SKLZ.COM](http://SKLZ.COM)  
FOR INSTRUCTIONAL VIDEO AND CONTENT



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## EXERCISE DRILLS

### HOW DO I INCORPORATE THE SKLZ JUMP ROPE INTO MY WORKOUT?

EXOS broke down which specific movements will allow you to become more proficient with jump ropes and reach new levels of conditioning. Each recommended movement is listed and explained so you can easily get started and begin to incorporate the SKLZ Jump Rope into your conditioning.

The training guide has recommended movements for the conditioning portion of a training session. These movements focus on movement variations that will target an athlete's cardiovascular fitness and coordination.

The recommended sets and reps are based on your current training season. The season dictates how much work you should be doing with the Jump Rope. Preseason consists of the six to eight weeks prior to a competitive season; in-season is when you are actively playing or practicing for competitions; the off-season is when you have no competitions in the near future.

Now you're ready to start training. Use the above information to improve your conditioning with the SKLZ Jump Rope.

| MOVEMENT                           | SETS | TIME       |
|------------------------------------|------|------------|
| Jump Rope                          | 2-3  | 1-2 min    |
| Jump Rope - Alternating High Knees | 2-3  | :30-60 sec |
| Jump Rope - Lateral Hop            | 2-3  | :30-60 sec |
| Jump Rope - Alternate Feet         | 2-3  | 1-2 min    |
| Jump Rope - Double Under           | 2-3  | :30-60 sec |

#### JUMP ROPE

- 1 - [STARTING POSITION] Stand with your feet 1 to 2 inches apart, with the jump rope handles in both hands, the rope resting on the ground behind you.
- 2 - Starting with your hands just above your waist, swing the rope over your head from behind you.
- 3 - Jump over the rope as it continues to swing forward and then under your feet.
- 4 - Repeat for the recommended duration to complete the set.

#### COACHING TIP

Jump just high enough to let the rope pass under your feet, landing and holding on the balls of your feet.

#### FEEL IT

Working your calves, thighs, hips, and shoulders.



#### ALTERNATE FEET

- 1 - [STARTING POSITION] Starting with your hands just above your waist, swing the rope over your head from behind you.
- 2 - Shift your weight to one side and jump over the rope with one foot, as it continues to swing forward and then under your feet.
- 3 - Alternate your jumping foot.
- 4 - Repeat for the recommended duration to complete the set.

#### COACHING TIP

Jump just high enough to let the rope pass under your foot, landing and holding on the balls of your feet.

#### FEEL IT

Working your calves, thighs, hips, and shoulders.



#### ALTERNATING HIGH KNEES

- 1 - [STARTING POSITION] Starting with your hands just above your waist and your forearms parallel to the ground.
- 2 - Raise your left foot off the ground slightly.
- 3 - Swing the rope over your head from behind you.
- 4 - Jump with your right foot over the rope as it continues to swing forward and then under your feet.
- 5 - Landing on your left foot, drive your right knee up.
- 6 - Continue alternating your feet for the recommended duration to complete the set.

#### COACHING TIP

Jump just high enough to let the rope pass under your foot, landing and holding on the balls of your feet. Remember to drive your knees up 90 degrees during each rep.

#### FEEL IT

Working your calves, thighs, hips, and shoulders.



#### DOUBLE UNDER

- 1 - [STARTING POSITION] Starting with your hands just above your waist, swing the rope over your head from behind you.
- 2 - Jump over the rope as it continues to swing forward and then under your feet.
- 3 - Repeat this until you are in a comfortable rhythm.
- 4 - When ready, swing the rope forward quickly and jump slightly higher than before.
- 5 - At the peak of your jump, the rope should be starting its second pass.
- 6 - Finish the second pass, landing on the balls of your feet.
- 7 - Repeat for the recommended duration to complete the set.

#### COACHING TIP

Keep your upper body vertical and eyes looking straight ahead, your arms still and your legs stiff, letting your calves propel you as you swing the rope from your wrist. Land and hold on the balls of your feet.

#### FEEL IT

Working your calves, thighs, hips, and shoulders.



#### LATERAL HOP

- 1 - [STARTING POSITION] Starting with your hands just above your waist, swing the rope over your head from behind you.
- 2 - Jump over the rope as it continues to swing forward and then under your feet.
- 3 - Land to the left of where you started and continue on to the next swing jump, propelling yourself to the right.
- 4 - Continue jumping side to side.
- 5 - Repeat for the recommended duration to complete the set.

#### COACHING TIP

Jump just high enough to let the rope pass under your foot, landing and holding on the balls of your feet.

#### FEEL IT

Working your calves, thighs, hips, and shoulders.

