

Jump Rope Tips



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Jumping Rope is an excellent way to stay active when you have limited space and equipment.

Getting Started



Pick a Rope that is light weight and easily adjustable.

Simple skipping ropes are inexpensive.



To size your rope, stand in the middle of it with one foot. The handles should fall between your bellybutton and your arm pit.

Too short? The rope will hit your foot or your head on its way around.



Too long? The rope will bounce on the ground in front of you and hit your foot.

Tips for Use

Jump height should be low, 10-15cm off the ground



Arms should stay close to your sides, elbows softly bent



Benefits

- Skipping 2-4x/week
- 10-20 min session
- 10 weeks



Increased Arch stiffness



Increased Reactive Strength Index



Increased Jumping Performance

García-Pinillos F, Lago-Fuentes C, Latorre-Román PA, Pantoja-Vallejo A, Ramirez-Campillo R. (2020). Jump-Rope Training: Improved 3-km Time-Trial Performance in Endurance Runners via Enhanced Lower-Limb Reactivity and Foot-Arch Stiffness. Int J Sports Physiol Perform. 2020 Mar 12:1-7.

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