



The Power Behind Performance®

PoweRope™

IMPORTANT INFORMATION PLEASE READ AND KEEP DISCLAIMER

The following guidelines should be observed when using the PoweRope™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Inspect the PoweRope™ for cracks, tears, and other damage before each use. **DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.**
- Do not tie knots in rope or tie two ropes together.
- The PoweRope™ is intended for use only as described in this document. Other uses are not recommended.
- Power Systems Inc. assumes no liability for accidents or damage that may occur with the use of the PoweRope™.

For more information about the PoweRope™
and other training products and programs, contact

Power Systems Inc.
www.power-systems.com
1-800-321-6975

Jump ropes are a great tool to assist in cardiovascular conditioning and to help improve speed, muscular power, and coordination. It is important to choose a jump rope that fits the user's height. The easiest way to determine the right fit is to step onto the center of the rope and pull the handles up. They should be level with the middle of the chest. It is also recommended to jump on a shock-absorbent surface such as a rubber mat.

Jump Rope Exercises

Basic Jump

Starting Phase: Grasp the handles in each hand and hang the arms down by the sides. The rope should be behind the feet.

Action Phase: Swing the rope forward and over your head. Keeping the feet together, jump over the rope.

Jog

Starting Phase: Grasp the handles in each hand and hang the arms down by the sides. The rope should be behind the feet.

Action Phase: Swing the rope forward and over your head. Walk or jog over the rope by alternating the feet, being careful not to kick the feet back.

Crisscross

Starting Phase: Grasp the handles in each hand and hang the arms down by the sides. The rope should be behind the feet.

Action Phase: Swing the rope forward and over your head. Keeping the feet together, jump over the rope. As you bring the rope back over your head, cross your arms and jump through the rope while your arms are in the crossed position. Open the arms and repeat.

Backward Jump

Starting Phase: Grasp the handles in each hand and hang the arms down by the sides. The rope should be in front of the feet.

Action Phase: Swing the rope back and over the head. Keeping the feet together, jump over the rope.

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