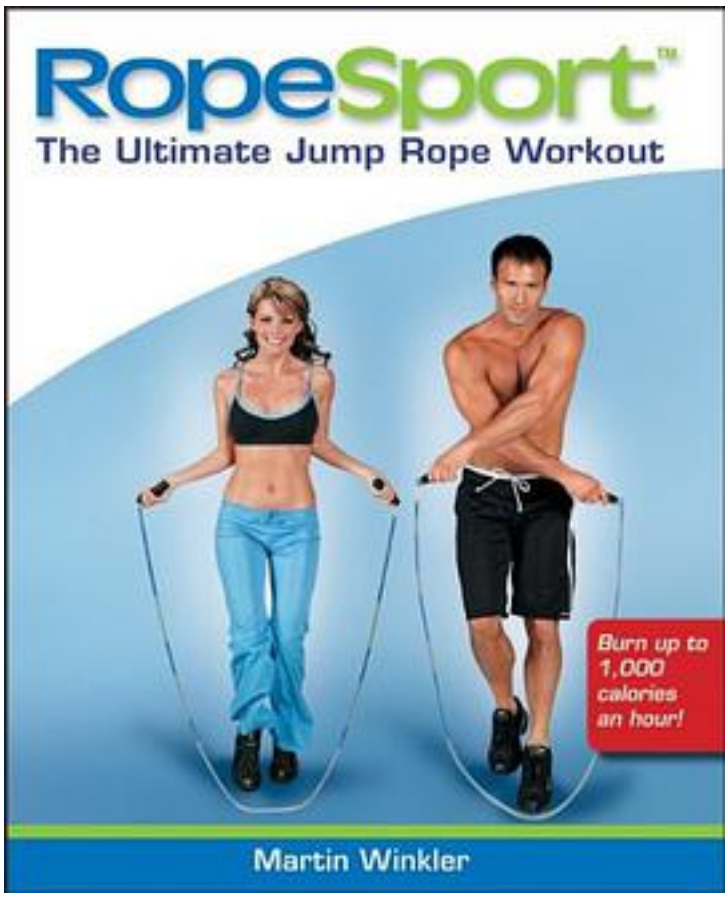
RopeSport



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Get in shape with exercise that's fat-blasting, portable, and fun

RopeSport is the revolutionary fitness program people across the country are using to get fit, lose weight, and have a great time doing it.

Now you can, too!

If you want a high-energy, low-impact way to tone your body, get a complete cardiovascular workout, and burn up to a thousand calories an hour, RopeSport is for you. This book covers everything from the benefits and basics to extreme jumps and alternative workouts. The step-by-step approach helps you become proficient in just a few workouts. RopeSport:

*Progresses from basic jumps, combinations, and workouts to intermediate and advanced routines

*Features four complete, detailed workouts for each skill level

*Has more than a hundred photos that show you how it's done, jump after jump

*Includes success stories from real people who love jumping rope

*Is a workout endorsed by celebrities, including leading fitness expert Kathy Smith, Eric Nies of MTV, and Kelly Packard of Baywatch

*Keeps you challenged with extreme jumps like the Matador, Running Doubles, and the Inverted Jump

*Shares tips for a healthy lifestyle, effective training, and building athletic skills

You'll learn the techniques and get the tools to create your own RopeSport full-body workout program-one that you can vary any number of ways and do almost anywhere.

作者介绍:

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