

Getting Started With Jump Rope

Jumping rope is a fun, convenient, and highly effective workout you can do anywhere and it doesn't require much to get started. Here's a quick checklist of what you need.

Jump Rope

If you're new to jumping rope, you'll want to start with a slightly **weighted** rope. A rope that is heavier than a standard jump rope will slow down your rotation and give you the important feedback you need to time your jumps (even if you're not coordinated). Light, wire speed ropes or plastic (PVC) ropes don't offer feedback and tangle easily during jumping making them very difficult to learn to jump with. For example, the 1/2 LB rope from the [Get Lean Set](#), which also includes a 1/4 LB rope, is perfect for beginners.

Common Mistake* A weighted rope with weight in the **handles, not the rope, is **NOT** easier for beginners to use since it does not provide rope feedback.*

If you're an experienced jumper, the [Get Fit Bundle](#) will give you the full versatility of four weighted jump ropes and get you access to the most workouts in our app.

Comfortable Shoes

When choosing what shoes to jump rope in, find a pair that offers good stability, ankle support and has sufficient cushioning in the mid-sole. Some of our favorites include Nike Frees, Converse All-Stars, and New Balance kicks.

Space To Jump

You don't need a lot of space to jump. The minimum space requirements we recommend: 10 ft front-to-back, 7 ft side-to-side, and a 9 ft ceiling height.

Bonus Items

If you want to get the most out of your jump rope fitness experience, try these:



[Crossrope App](#)

Get fun and effective workouts + challenges on the go (free on iOS + Android).



[Jump Rope Mat](#)

Great for outdoor jumping and protecting your joints (and ropes).



[Jump Rope Community](#)

Get inspired, find accountability partners, and meet jumpers from across the globe.