GNITE "SPRI WEIGHTED JUMPROPE

EXERCISE GUIDE

EXERCISE INSTRUCTION

- · Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Complete select movements equally in both directions to avoid the development of muscular imbalance.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds perform the movement more slowly, or take more rest between movements.

- -OP-
- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- · Allow 24-48 hours of rest between each exercise session.

BASIC JUMP





Perform repeat dual-leg rope jump with feet hip-width apart and knees slightly bent while landing on balls of feet.

FRONT CROSS





Perform repeat dual-leg rope jump with feet hip width-apart and knees slightly bent while landing on balls of feet. Cross arms in front of body just prior to rope passing underneath feet, then immediately uncross when rope is overhead.

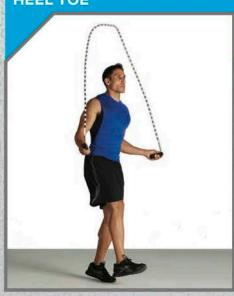
DOUBLE HIGH KNEE JUMP

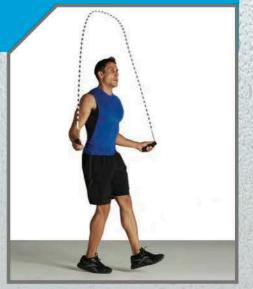




Perform repeat dual-leg high knee rope jump with feet hip-width apart, knees bent and toes pointed while landing on balls of feet.

HEEL TOE

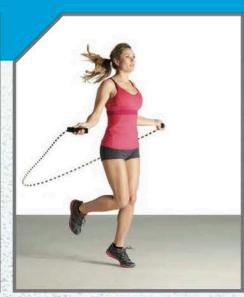




Perform repeat alternating leg heel/toes rope jump with feet hip-width apart while landing on ball of back foot and heel of front foot.

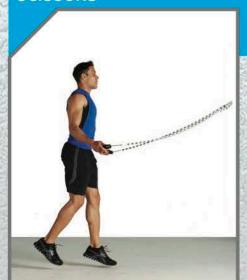
JOGGING STEP

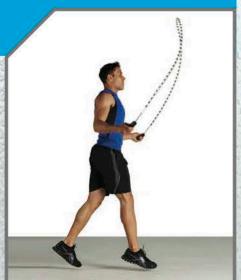




Perform repeat alternating bent/straight leg jog in place with feet hip-width apart while landing on ball of foot.

SCISSORS





Perform repeat alternating straight leg forward/backward shuffle rope jump with feet hip-width apart while landing on balls of feet.