

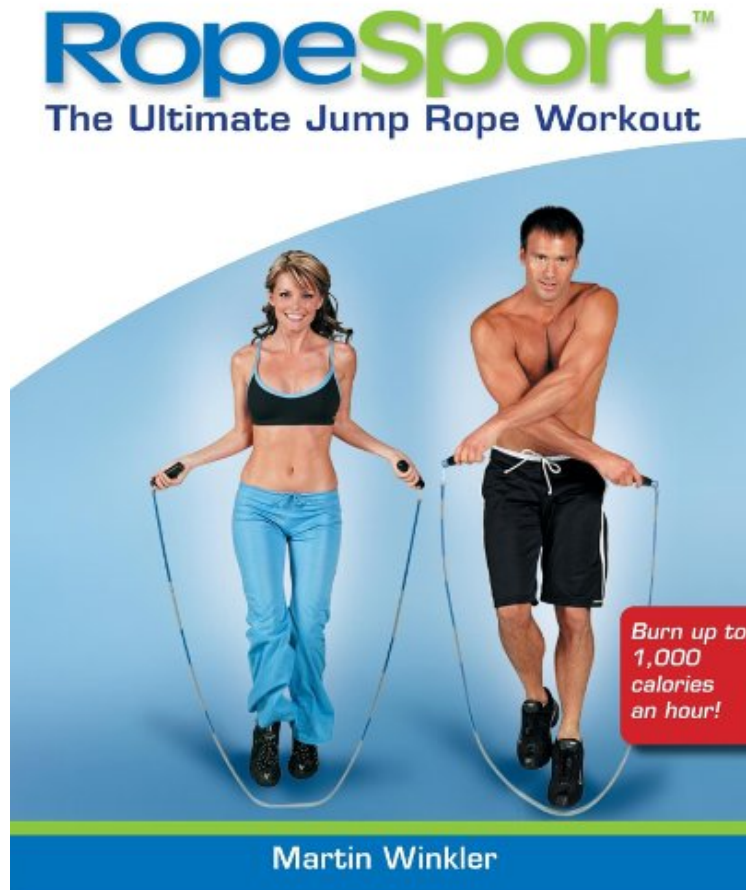
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Martin Winkler

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(Free pdf) RopeSport: The Ultimate Jump Rope Workout

RopeSport: The Ultimate Jump Rope Workout

Martin Winkler : RopeSport: The Ultimate Jump Rope Workout before purchasing it in order to gage whether or not it would be worth my time, and all praised RopeSport: The Ultimate Jump Rope Workout:

2 of 2 people found the following review helpful. Just Ok.By Roger A. HackneyI am a 45 year old man, who had open heart surgery two years age. I have totally recoverd from that, but am still looking for ways to fit a good cardio workout into my schedule. I bought this book after hearing that 3 min's of vigerous rope jumping was as good as 30 minutes of jogging (this was from a pamphlet in my cardiologists office).The things I did not like about this book were:1) Repetion of content. It seems like the book is filled with too many unnecessary testimonials in sidebar callouts of how great jumping rope is.2) the constant reminder throughout the book on how cool and beneficial jumping rope is.3) One thing you don't know about until you get the book is about how much the auther will suggest that you should jump rope to music, so it's almost like am aerobics class.I gave it two stars because it was a rather inexpensive book and I did learn some good basic things from it, like:1) what the proper length of a jump rope should be2) proper arm/wrist use and common twirling mistakesAll in all, I was more turned off to jumping rope after reading this book than inspired, and will just go back to my treadmill, but that may just be what's right for me.22 of 24 people

found the following review helpful. Skip the book and buy the DVD By L. Casella I started a jump rope workout and wanted to take it to the next level. I spotted this book and thought it would be just what I needed. While it is an informative and thorough book about the sport of jump roping, it's difficult to visualize the many jumps they describe without actually seeing someone do them. Soon after receiving the book, I purchased the DVD and found it much easier to learn the jumps. I could clearly see the correct placement of their feet, arms and hands in motion and, at the same time, try to imitate their rhythm. Jumping rope is all about timing. If you don't think you need visual instruction, then this book is fine. If, like me, you prefer a live demonstration, skip the book and buy the DVD instead. 0 of 0 people found the following review helpful. I liked the book. By Febs Despite it being filled by way too many quotes of happy jump ropers (they *do* help in motivating you, but there are way too much), the book is informative and detailed. It goes from the basics to advanced tricks while keeping a lot of attention to form and to breathing as well. It is a good book and I like to get back to it from time to time.

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.

From the Back Cover 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. About the Author Martin Winkler is the president of RopeSport and one of the world's leading experts on the sport of jumping rope. RopeSport is a company well known for its popular jump ropes and award-winning series of instructional exercise DVDs.