

## Monthly Health Challenge: Jump Rope Challenge

Jumping rope is an excellent cardiovascular exercise that can help in weight reduction by burning up to 10 calories per minute. Jumping rope can also help you improve muscle tone in your lower body, hand-eye coordination, and stamina. This great exercise also reduces the risk of heart diseases like high blood pressure or stroke.



Is there just one way to do a jump rope? The answer is no. Here are four simple variations that almost anyone could do:

- **Basic Jump:** To do the basic jump, swing the rope over and jump as it passes through your feet. At this stage, you don't need to jump high. Just try to get through the rope and landing on both feet.
- **Alternating Jumps:** Swing the rope over your head and jump as the rope passes through your feet. Instead of landing on both feet, land on the right foot first. On the next turn, land on your left next. When you do this, you should seem like you're jogging in place.
- **Combination Jump:** The combo jump is a mixture of the first two moves. First, do the alternating jumps around 8 times, then quickly shift to the basic jump 8 times. Repeat this pattern until time is up.
- **Higher Jump:** Start off with the alternating jumps, but make sure to raise your knee farther up while jumping.

For beginners, follow the Easy Track (E). If you are more advance, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (E) 1 Minutes (C) 3 Minutes	2 (E) 90 Seconds (C) 4 Minutes	3 (E) Rest (C) 4 Minutes	4 (E) 90 Seconds (C) 5 Minutes	5 (E) 90 Seconds (C) 5 Minutes
6 (E) 2 Minutes (C) 6 Minutes	7 (E) Rest (C) Rest	8 (E) 2 Minutes (C) 6 Minutes	9 (E) 2 Minutes (C) 7 Minutes	10 (E) 3 Minutes (C) 7 Minutes	11 (E) Rest (C) 8 Minutes	12 (E) 3 Minutes (C) 8 Minutes
13 (E) 3 Minutes (C) 9 Minutes	14 (E) 4 Minutes (C) Rest	15 (E) Rest (C) 10 Minutes	16 (E) 5 Minutes (C) 10 Minutes	17 (E) 5 Minutes (C) 11 Minutes	18 (E) 6 Minutes (C) 11 Minutes	19 (E) Rest (C) 12 Minutes
20 (E) 7 Minutes (C) 12 Minutes	21 (E) 7 Minutes (C) 15 Minutes	22 (E) 8 Minutes (C) 15 Minutes	23 (E) Rest (C) 16 Minutes	24 (E) 8 Minutes (C) 16 Minutes	25 (E) 9 Minutes (C) 18 Minutes	26 (E) 9 Minutes (C) 18 Minutes
27 (E) Rest (C) 20 Minutes	28 (E) 10 Minutes (C) 20 Minutes	29 (E) 12 Minutes (C) 22 Minutes	30 (E) 15 Minutes (C) 25 Minutes	31 (E) 15 Minutes (C) 25 Minutes		