

# 30 days Jump Rope challenge

In September we don't anything else just a jump rope and a couple of minutes per day.

## Benefits of Jumping Rope exercise (www.thelovevitamin.com)

1) **Exercise is important for beautiful skin.** It increases blood flow, Strengthens internal organs to work more efficiently. Promotes elimination of toxins. Can open pores and eliminate toxins through sweat.

Heavily contributes to hormonal balance. Relieves tension and stress

2) **Jumping is the best exercise for a healthy Lymphatic System.** The lymphatic system is like your body's sewer system. It removes all sorts of waste and toxins from your blood and moves them out to be eliminated. However, unlike your circulatory system, the lymphatic system doesn't have a pump. It relies on the expansion and contraction of your muscles to move it around your body. A healthy, circulating lymphatic system is very important to healthy, beautiful skin. And it just so happens that the up and down motion of jumping rope is one of the absolute best exercises for moving the lymph system.

3) **It's a full body workout.** Jumping rope literally has it all – it works your legs, it works your abs, it works your arms, it works your heart, it works your mind. It increases strength, agility, speed, timing and rhythm. Its medium impact increases bone density, but isn't as hard on your joints as running. It's both a fantastic cardio and strength training workout all in one.

4) **You can do it anywhere.** At home, in the garden, or in the office ;)

5) **Equipment is minimal and easily transported.** All these benefits, and you don't even need any fancy machines, heavy weights, or complicated equipment. A jump rope is simple, and so discreet – put it in your backpack (or your purse), you won't even know it's there, and you can take it anywhere with you.

6) **It's inexpensive** ( In Decathlon you can find one for 790 HUF )

7) **It's fun!** It's true. Let's discuss it after the challenge ;)

8) **It's simple, fast, and non-interruptive** Just put on some shoes, grab your rope, jump to your heart's content for a few minutes either inside or outside – and then you can easily go right back to what you were doing!

9) **There are tons of tricks to keep it interesting** (check out [www.buyjumpropes.net](http://www.buyjumpropes.net))  
Extra Jump Rope Tips

- How long should your jump rope be?  
It should go from shoulder to shoulder while you're stepping on it. Most adult jumps ropes are 9 feet when you buy them, but they can usually be shortened.

- Wear shoes while jumping – you'll believe me the first time you smack yourself in the bear foot when you mess up a jump! It smarts.

- If you're trying to get fit, try interval training with your jump rope – for example, jump 30 seconds super intense, 1 minute light, and repeat. Interval training gets better results in less time than regular output exercise.

(www.thelovevitamin.com)



| Sun  | Mon         | Tue | Wed | Thu | Fri | Sat  |
|------|-------------|-----|-----|-----|-----|------|
| rest | 50<br>skips | 150 | 90  | 150 | 125 | rest |
| rest | 165         | 150 | 200 | 150 | 235 | rest |
| rest | 225         | 150 | 310 | 150 | 350 | rest |
| rest | 385         | 150 | 425 | 150 | 465 | rest |
| rest | 500         | 150 |     |     |     |      |

*i can and i will.  
Watch me*  
Carrie Green