

Skipping Work-outs

1) Adjust your skipping rope to the right size for you. If you stand on the middle of the rope and hold the handles up the side of your body, the end of the handle should reach your arm pits.

Like this:



Why rowers should learn to skip:

- *Jumping for 10 minutes is equivalent to running a mile in 8 minutes*
- *Skipping is a full-body workout (like rowing)*
- *It improves your leg strength and your need strong legs for rowing*
- *Improves co-ordination, stamina and concentration – all of which are needed for rowing*
- *Great cardiovascular work-out*
- *Anyone can do it and you can go at your own pace and stop and start when you want*

GIVE IT A GO!

2) Learn to skip. There are lots of skipping tutorials on YouTube. Here is a good one:

<https://www.youtube.com/watch?v=7ti7jElAg8I>

3) Learn some basic tricks and skills:

<https://www.youtube.com/watch?v=9PqYL4zTnxY>

Skipping work-out to try:

5 minutes of basic skipping alternating with 5 minutes of learning a new skill x 6.

Skipping work-outs on YouTube:

Ten-minute work-out: <https://www.youtube.com/watch?v=uo-8YT9HrXw>

And one day you could be as good as this!

<https://www.youtube.com/watch?v=QU1-zo2J7Gk>

Every rower should incorporate skipping into their daily routine! ENJOY!