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VM Jensen

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 stand tall feet about hip width apart  
 then practice jumping up and down in  
 one spot most of your power will come  
 from your ankle and toes it s really  
 more of a hop than jump  
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 need a jump rope various weighted  
 dumbbells and a medicine ball modify  
 the workout to fit your fitness level  
 available equipment and goals if you re  
 new to jumping rope only jump for as

long as you can finish the minute by  
 marching in place or doing another  
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 endurance stamina and coordination  
 jumping rope uses your quads calves  
 core and your upper body even though  
 it might not feel the same as say a  
 shoulder press