

# JUMP ROPE FUN FACTS

Jump rope activity can be traced back to 1600 A.D. when the Egyptians used vines for jumping.

Many people associate jump roping with girls' play, but history indicates that jump roping was originally a man's game.

Other countries call jumping rope, rope skipping.

Jump Rope is a competitive sport in over 38 countries and jump roping organizations and clubs can be found almost anywhere.

At the competitive level athletes compete in individual and team events using single ropes or double-Dutch. In freestyle routines, jumpers have a set time limit to demonstrate a combination of skills; during the speed events, athletes try to complete as many jumps as possible within a particular amount of time. Power consists of double or triple unders.

The world record for 30 seconds speed jumping is 188 jumps!

In fifteen minutes jumpers can burn the calories in a candy bar or 200 calories.

According to one source 10 minutes of jumping rope is equal to 30 minutes of running at a 5.7 mph pace.

Jumping rope is a plyometric style workout. Thus it is excellent for developing, power, speed and endurance. Famous advocates of jump rope include Muhammad Ali, Bruce Lee and countless martial artists, boxers and NBA stars.

Muhammad Ali's accessibility to competitive sports lead to acceptance of cultural and non-gender jump roping. Today, many male and female bodybuilders use it as a cardiovascular part of their training routine.