Tina McDermott
DISCOVER WHOLE BODY FREEDOM

# FINALLY THIN FOREVER
# MOVE YOUR JUMP ROPE

**Jump for Joy, Jump of Fun, Jump for your Health!**

Rope less jump ropes have made your life easier, safer, healthier and safer. Jumping rope can be fun especially when you don't have a rope that you have to actually jump over! This makes them safer so there is no tripping-hazard and your feet never have to leave the ground which is perfect for people who have injuries.

## *OK, GET SET, GET READY, LET'S GET STARTED.*

- First and foremost, please check with your doctor before beginning any exercise program.
- Set aside 10 minutes per day a minimum of two to three times per week. When you wake up is the best for fat burning.
- Clear an area in your house where you can play daily. The space you need depends on the length of your arms plus the length of the jump rope which is about one foot on each side. If you are tall then you'll have to be aware of your ceiling height.
- Be sure to wear supportive athletic shoes and comfortable clothing. It can even be your PJ's.
- You can play your own music or watch my video.

## Rules of thumb:

- Feet don't have to leave the floor, just keep moving them
- Always Circle your arms backward, never forward as that can cause poor posture
- Move your arms around in circles in all directions. This is the beauty of ropeless jump ropes as you are not confined to one position and your arms do a ton of work!
- Simply keep moving your body for the full ten minutes. It doesn't have to be perfect, you just have to keep on moving


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## Things to look out for:

- Check your heart rate regularly. Here is your formula:
- Take your age and subtract from 220 equals your maximum heart rate (MHR). It is recommended that you exercise within 55 to 85 percent of your MHR.


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- (220-50=170 (MHR) * .55 = 93.5 and * .85 = 144.5) so if you are 50 years old then your heart rate should be within the range of 93 to 144 beats per minute.
- Check out this website that will calculate it for you.
  **https://www.active.com/fitness/calculators/heartrate**
- How to take your heart rate. Place your index and middle finger underneath your jaw until you can feel your heart beat. Look at a clock and count the beats for one full minute. If you want a quick read then count for only 10 seconds and multiply by six but the full minute is the most accurate reading.
- If your heart rate is way out of this range then stop immediately and walk around until you feel better. DO NOT SIT DOWN as you can pass out...Always walk around and get your heart rate down slowly.
- Jumping is terrific to help your body get rid of toxins as it moves the lymphatic system. This means that you may be making a few extra trips to the bathroom which is a good thing.

**To purchase your rope less jump ropes you can come into my studio and I sell them for only $15 or go on Amazon. Here is a handy link for you.**

**Click here to purchase your ropeless jumpropes**

**Happy Jumping!**

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