

## JUMP ROPE SIZING GUIDE

# ELEVATE ROPE

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## LET'S CONNECT!

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## LET'S ELEVATE!

THE ELEVATE BRAND IS CREATED TO SHOW YOU THE ENDLESS REALM OF JUMPING ROPE, EXPLORING MINDSETS AND ASTONISHING PHYSIQUES!

## BEGINNER JUMP ROPE LENGTH

### FORM

IT IS VERY IMPORTANT THAT YOU AS A JUMPER USE PROPER FORM. THIS MEANS THAT YOUR HANDS ARE JUST IN FRONT OF YOUR HIP BONES AND NOT HELD OUR WIDE WHEN JUMPING.



### LENGTH

STEP WITH ONE FOOT ON YOUR ROPE AND LET YOUR HANDLES REACH YOUR ARMPITS. A LONGER JUMP ROPE SLOWS THINGS DOWN AND ALLOWS FOR TIMING THAT IS NOT PERFECT.

## INTERMEDIATE TO ADVANCED

### LENGTH

STEP WITH ONE FOOT ON YOUR ROPE AND LET YOUR HANDLES REACH YOUR NIPPLES OR LOWER. A SHORTER JUMP ROPE SPEEDS UP THINGS AND ALLOWS FOR A MORE EFFICIENT AND CLEAN STYLE OF JUMPING

JUST JUMP &  
ELEVATE



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