

JUMP ROPE SIZING GUIDE

ELEVATE ROPE

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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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