

Ultimate Jump Rope Workouts: Kick-Ass Programs to Strengthen Muscles, Get Fit, and Take Your Endurance to the Next Level

By Brett Stewart, Jason Warner

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HARD-CORE JUMP ROPING FOR EXTREME FITNESS
You certainly jumped rope as a kid, but you probably didn't realize this fun activity is also a kickass workout for shredding all the major muscles—arms, legs, butt, abs, shoulders and chest. With this book, you turn a simple jump rope into a power tool to:

- **Build muscle**
- **Boost endurance**
- **Amplify explosive power**
- **Improve agility**
- **Enhance overall fitness**

From beginning tips on proper form and picking the right rope to advanced tricks like double unders and knee tucks, *Ultimate Jump Rope Workouts* will teach you to jump like a pro and get in the best shape of your life.

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Review

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About the Author

Jason Warner is a computer geek, certified personal trainer, lifting nut and the author of *7 Weeks to 10 Pounds of Muscle, Paleo Fitness, Ultimate Jump Rope Workouts, Weights on the BOSU Balance Trainer, Functional Cross Training,* and a contributor to *7 Weeks to Getting Ripped and 7 Weeks to 50 Pull-Ups.* Jason lives in Victoria, British Columbia with his wife and two young children.
Brett Stewart is an endurance athlete, fitness author and certified personal trainer living and training in Phoenix, AZ.
Brett has written *7 Weeks to Getting Ripped, 7 Weeks to a Triathlon, Ultimate Obstacle Race Training, Ultimate Jump Rope Workouts, 7 Weeks to 300 Sit-Ups, 7 Weeks to 50 Pull-Ups* and more!

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