

# Contents

Chapter 1	<i>Why Jump Rope?</i>	1
Chapter 2	<i>Getting in Gear</i>	8
Chapter 3	<i>Jump into Total Fitness . . . in 14 Days!</i>	13
Chapter 4	<i>Rope Dancing: Fancy Steps and Jumping Games</i>	62
Chapter 5	<i>The Jump-into-Super-Shape Diet</i>	81
Chapter 6	<i>Jumping for Your Heart and Health</i>	111
Chapter 7	<i>The Social Jumper</i>	130
Chapter 8	<i>Let's Go! Keep Going! There Is Nothing Else!</i>	142
Chapter 9	<i>How To Teach a Jump-Rope Class</i>	152
	Bibliography	175
	Index	181