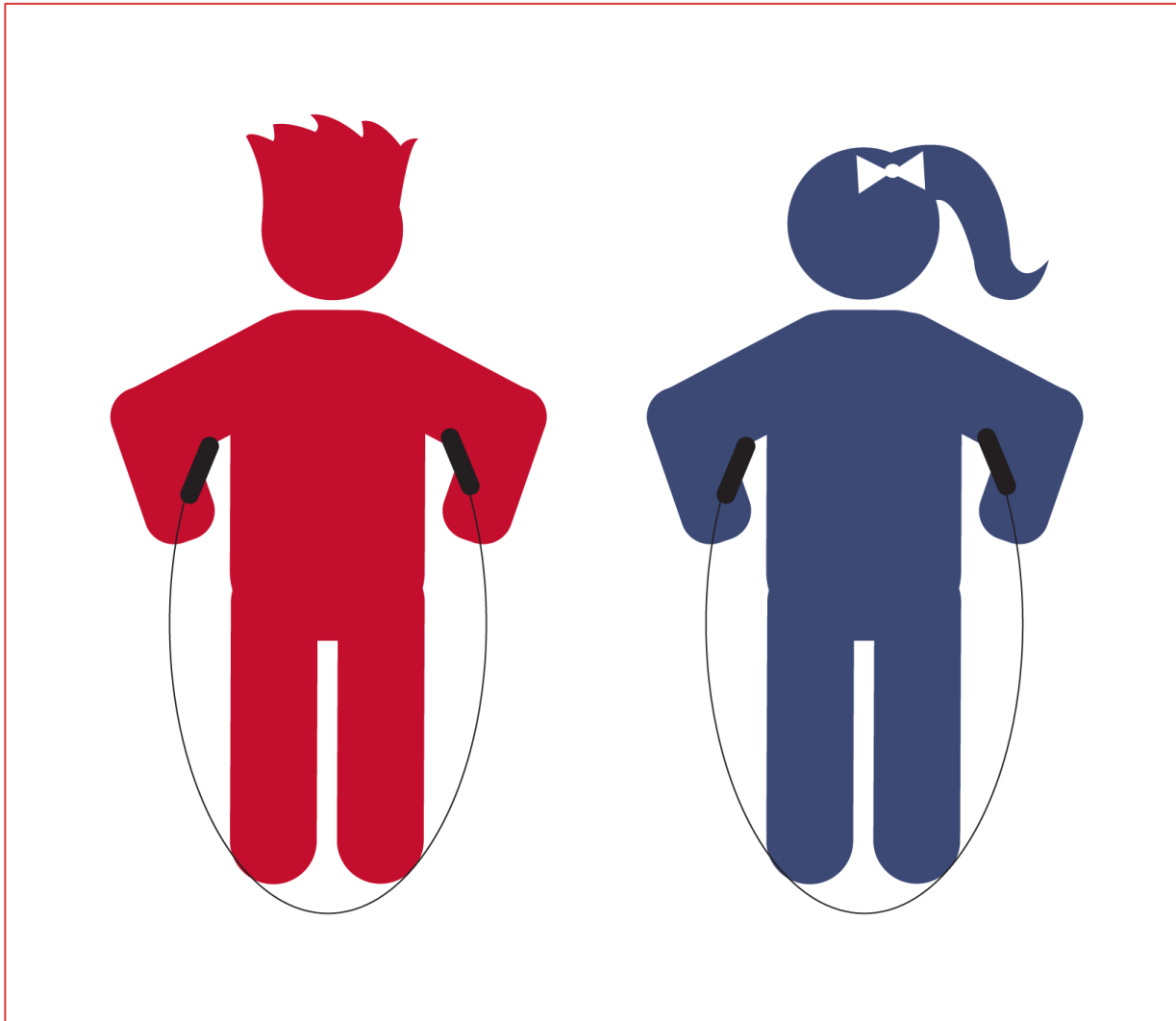


ROPE SELECTION RULE POSTER



Step 1:

Hold the ends of the jump rope in each hand.

Step 2:

Step on the middle of the rope with both feet.

Step 3:

Bring the ends of the rope straight up by your side.

Step 4:

See if it's the right length. The ends of the rope should come near your armpits.