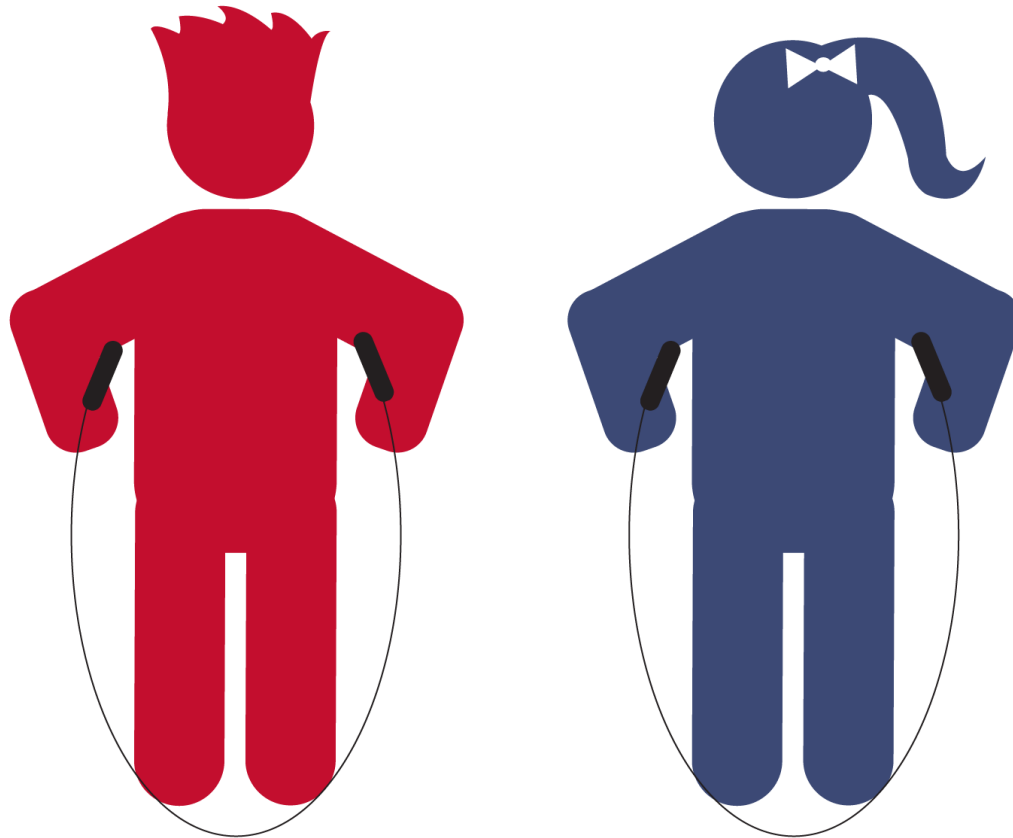




## ROPE SELECTION RULES POSTER



### Step 1:

Hold one end 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 sides.

### Step 4:

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