

Play It Jump Rope

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WebsterTie one end of the rope to a stationary object. Start with the rope a few inches off the ground and use the "jump" command. When he jumps over the rope, give him lots of praise and treats.How to Train Your Older Dog to Play Jumping Rope | Wag!Avoid spills — set the right length for your rope. To find out what that is, stand on the center of the cord and pull the handles up so they fit right under your arms. When you jump over the rope, the rope should just brush the floor under your feet. If it doesn't touch the floor, it's too short.

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Definition of jump rope. : a rope used for exercises and children's games that involve jumping over the usually twirling rope each time it reaches its lowest point also : a game played with a jump rope.

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With the jump rope (and Crossrope app), you can take your workout anywhere. Crossrope users have been seen jumping rope at home, at work (during their break), at their kid's sporting events, on the deck of a cruise ship, and the list goes on. The jump rope makes it easy and fun to fit your workout into your life. 3.

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