












### Features:

- Jumping sticks at any speed
- The arch of 32" always stays the same
- Baton (stick) is 36" Long
- Great for teaching rope jumping skills
- Set of 6 colors (1 each of) Red, Orange, Yellow, Green, Blue & Purple



### Instructions:

**Super Jump is a challenging new way to jump rope!** Provides a great aerobic workout, more use of upper body and arms than traditional jump ropes. It's fast and fun. The rope can be adjusted to accommodate jumpers of varying heights. Remove the cap. Slide the rubber ring to change the length of the rope and replace cap. Holding the Super Jump: Place your hands about shoulder width, palms down, on the baton. (You can also put your hands palm-up or in the "curl" position, after learning the basics.) Hold the Super Jump at waist level and about 6 to 8 inches away from your body.

<p>1. Beginning to Jump: From behind: Hold the baton and rope behind your head. Quickly bring the baton over your head and in front of you, down to waist level. The rope will flip over your head and come down to your feet. JUMP!</p> 	<p>2. From the front: Hold the baton in front and swing it out. This will cause the rope to move out and up in the air. As the rope comes down, move the baton back toward your waist. The rope will travel under your feet. Now JUMP! Keep circling the baton by your waist and jumping.</p> 	<p>3. Figure Eight: Hold baton in the center, your thumb will lead. Move the baton with thumb pointing the way in a figure eight side to side. When the rope comes in the air on the side where your hand is holding the baton, bring the baton down by your waist, grab it with both hands. When the rope come down by your feet, jump it and keep circling the baton in the direction you are jumping.</p> 	<p>4. Back Jump with Figure Eight: While doing the Figure Eight, as the baton comes to the side where your hand is holding it, move it to the back and twist your body 180 degrees. You will now be facing the baton. The rope will swing down and then up and over your head and then around the back. Now JUMP!</p> 
<p>5. Front Cross-Over: Start with a front jump and when the rope is above your head and just a little in front, twist the baton in your hands so that the ends change sides. Keep jumping and doing cross-overs.</p> 	<p>6. Back Cross-Over: Start with a back jump and when the rope is in front of the body, level with your waist, twist the baton in your hands so that the ends change sides and the rope crosses over your head. Jump!</p> 	<p>7. Side Jump with Figure Eight: While doing a Figure Eight with your right hand, swing the baton in a high arc above your head as moves from your right to your left side. Bring the baton down to it your left hip and jump over the rope. Continue this movement, keeping your left arm in front of your body and your right hand turning the baton by your left hip.</p> 	<p>8. Jump with a Friend: Start with a front jump and have a friend stand near you, in front. As soon as you jump over the rope, your friend runs in to jump with you. Now keep JUMPING. You can pass the baton back and forth.</p> 
<p>9. Behind your Back with Figure Eight: Do a few Figure Eights and then try a new move! Instead of taking the baton in front of your body, swing it down along the side and then in back. When the baton is in back, grab it with both hands and swing it back up. The rope will go over your head, then it will come down and you can JUMP! This move needs lots of practice!</p> 	<p>10. Moving Jump: You can move around as you jump. Start with front jump and then start to run as you jump. Jump with your friends and start a whole line of Moving Jumpers!</p> 	<p>11. Baton Twirl with Figure Eight: As you do a Figure Eight with your right hand, as the baton comes to the left side, put your wrist on top of your right wrist with the palms up. The baton will left twist 360 degrees and land in the left hand.</p> 	<p>12. Now do a Figure Eight with the left hand, and when the baton comes to the right side, put your right wrist over your left wrist and the baton will twirl into your right hand. You can keep doing the twirl or you can JUMP! Try alternating the twirl and the JUMP.</p> 