

This 10 Minute Workout Will Change Your Body

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Workouts

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If you're a follower of [Kardashian workout routines](#), you've probably noticed Kourtney and Khloe spending a fair amount of time with a classic piece of playground equipment—the jump rope. And trainers love jump ropes too, because jumping rope is a complete, total body workout. “It tones both your upper and lower body while torching calories in a short time,” explains Amanda Kloots, Broadway dancer and Radio City Rockette, creator of [The Rope](#) workout. “Depending on your weight and the speed at which you’re jumping, you can burn up to 11 calories a minute,” she explains. Plus, a jump rope takes up little to no space, they’re generally inexpensive, and you can bring it with you anywhere, so it’s the perfect travel workout.

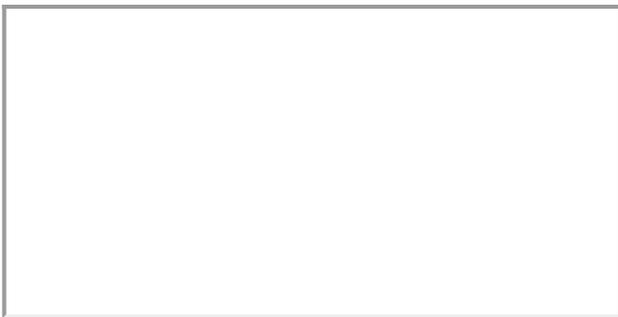
If you’re just starting out though, jumping can be difficult. (So much for that playground theory!) Keep it simple and remember not to get frustrated. “The trick is to jump low, barely off the floor—you only have to jump as high as the rope is thick,” explains Kloots. “The coordination is a rhythm thing—the rope hits, you jump. Hit jump, hit jump, hit jump. And I like to remind my clients that this is a workout you get better at. Your stamina, endurance, speed, and coordination all improve each time you pick up the rope.” Practice makes perfect, and as you see yourself getting better, you’ll feel very encouraged.

So do you just pick up a rope and start jumping? Well, you definitely can, but to help you get started, we asked Kloots to share a workout with us that anyone can do. Try this simple 10-minute routine three times a week and you'll be able to give those Kardashians a run—er, jump—for their money in no time.

10-minute jump rope workout

1 minute regular jumping (aim for 110 to 150 jumps per minute)

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1 minute holding high plank

1 minute regular jumping

1 minute of abs: Fold the rope in half, holding one end in each hand overhead, slightly in front of your forehead. Squeeze the muscles in your abs and core and bend your upper body over to your right side, going as deep as you can. Hold for 30 seconds then switch to the left side.

30 seconds high knees: Keep holding the rope overhead and alternate bringing your knees up your to waist level as fast as you can.

30 seconds jumping jacks: Stand with feet wider than hip-width apart. Keep holding the rope above you, pulled taught, and jump your legs together, lowering the rope down to your waist level (keep your arms out straight). Jump legs out and raise rope back up overhead, repeating for 30 seconds.

1 minute regular jumping

30 seconds squats: Drop the rope on the ground and place feet slightly wider than hip-width apart on either side of it, toes pointed slightly out. Keeping your weight in your heels, push knees outward as you squat back and down. Don't let your knees track past your toes. Squeeze your glues and legs, returning to standing. Repeat.

30 seconds side-to-side jumps: Leave the rope on the ground and stand with both feet to one side of it. Keeping feet and legs together, jump over the rope. Jump back. Repeat as fast as you can.

1 minute regular jumping

30 seconds squats

30 seconds side-to-side jumps

1 minute regular jumping