Skipping Rope: How It All Started by Stuartgreen

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Skipping Rope Started as Menâ€™s Game Skipping rope is a simple game that involves jumping on the rope. The game is also called rope jumping or jump rope. Skipping rope came into existence way back in 1600BC; and began in countries like China and Egypt. Skipping rope started as menâ€™s game.

The game became more popular in 1950s when people see skipping rope as a form of exercise. The sport becomes heavily seen when people starting to gain weight due to a sedentary lifestyle and want to be fit and healthy. From there on, jumping rope events are organized. Fun and easy, jump rope training is an effective workout strategy.

Double Dutch! Skipping rope can be played by one or more participants. The participant/s jump over the swung rope as it passes under feet and over head. In a participant of 3 or more, two of them hold the rope and swung them in a circular motion, the other participant jumps (the jumper) over the rope, taking turns.

This game that is played by 3 or more participants is called long skipping rope; specifically, it is called Double Dutch. The game is played while players are chanting and singing. Skipping Rope as a Sport Besides as a past time activity, jumping rope turned into a sport. However, a lot of workout training and strategies are marketed at present; and the simple and economical way of working out seems to be forgotten by many.

Sports such as kick boxing, boxing and martial arts still accompany the skipping rope in their fitness regime, though. A â€œGreenâ€• Product: Pink Skipping Rope Meanwhile because of increasing environmental impacts of different products, skipping rope is made ecologically-friendly. A classic skipping rope named pink skipping rope is made up of recycled handles of plastics and rubber woods.

The rope is 6 feet long or more and is adjustable; the rope is made up of cotton, as well. Handles of pink skipping rope comes in many designs and are well-crafted. The designs are very enticing to children that the skipping rope is available in different colors, such as blue for boys. The price of pink skipping rope is reasonable, about $5; a good price for an eco-friendly product.

A â€œgreenâ€• product, pink skipping ropes are recognized without health hazards. It is a perfect gift for those who want to learn jumping rope and those who want to get into sports

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The author talks about a pink skipping rope.

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