



## 1 THE JUMP-START WORKOUT

If you really want to jump-start your metabolism you can't go past skipping. It burns more than 2500 kilojoules per hour in a 50kg woman, and also improves agility and hand-eye coordination

"It'll also tone your legs, particularly your thighs and calves, as well as your shoulders and upper body," says trainer Timo Topp from Sydney's Bayswater Fitness.

"Basically a skipping rope is a cheaper, easy-to-store and convenient alternative to a treadmill, and one of the best forms of cardiovascular exercise there is."

**how to do it:** It's best to warm up for 3-5 minutes first with ropeless jumping, a few gentle squats and rotating your arms in a circle. After your warm-up, start using the rope.

Keep your weight on the balls of your feet and knees bent to avoid stress impacting on the knee joints. As you skip, stay on the balls of your feet and try not to let your heels touch the floor.

"It's also important to breathe in through your nose (or with mouth only slightly open) so you're not gulping in air, and to breathe out through your mouth," says Topp.

"Skipping is a demanding exercise, so start off with three or four short timed rounds of 45 seconds, with 30-second rest periods or some sit-ups in between rounds. Then try and build the time to two to three minutes."

For an even harder workout try lifting your knees to waist level or simply skip at a faster pace.

### what you need

Skipping rope.

Check the length of the rope before you buy it. If it's too short you'll have to stoop and if it's too long you may trip over it. If you do end up with a too-long rope, loop it around your hands or tie a knot in it near the handle.

You can buy a good skipping rope from the National Heart Foundation for around \$4.