Colegio Cristo Crucificado – "Villa Pilar"
Alfonso XIII, 10 30.151 - Santo Ángel (Murcia)
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JUMPING ROPE RULES

First. Mobilisation of the _____ with a good warm-up so that they are _____ for the exercise.

Second. Move only the _____ , with the elbows bent 90º.

Third. Land on your toes. Never land on the foot or _____.

Fourth. Take _____ jumps, to save effort.

Fifth. The length of the _____ must be correct, so try it _____.

LIVEWORKSHEETS