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## No Gym Needed- Jump Rope Workouts: 30 Amazing Weight Loss Workouts You Can Do from the Comfort of Your Own Home!

By John Mayo

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you sick and tired of wasting time and money at the gym? Ready for a weight loss solution that works? Fitness can be as easy as using a jump rope and your own body weight! Welcome to another one of my fitness programs. This time we will utilizing the jump rope, which is an amazing fitness tool used by people all over the world who are seeking to lose weight and improve their speed, agility, lung capacity and endurance. Ever tried jumping rope for 5 minutes? It s a lot harder than you think and it s exponentially more effective than jogging! As you probably know, jump rope is one of the main forms of cardiovascular training in boxing. They don t do this exercise because it s fun (even though it can be); they do it because it s hard as hell and it dramatically increases your foot speed, agility, coordination, endurance and lung capacity. Here s a sneak peak of what s inside. - In- depth explanations of the best skipping exercises - Detailed explanations...



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