

## Fitness Rope

Item #17816



- **Overview.** A low impact, total body conditioning workout that's fun to do! Participants work individually or in pairs as they whip the rope into a stream of waves, while burning calories, building muscles and developing grip strength. Fitness Ropes are also great for exercises working the core and legs.
- **What Are the Educational Applications?**
  - Students will be able to use the ropes for fitness, hand-eye coordination and cooperative activity.
  - More can be done with ropes than climbing them to the ceiling! Fitness Ropes provide a combination of strength training and low-impact cardio fitness training. The whipping and other dynamic motions require that you fight against your own power. Users not only need to generate the energy to create the rope motions, they also need to stabilize their bodies, developing core stability.
  - Balancing skills are important components at any level in Physical Education. When teaching these types of activities, weight transfer and center of gravity should be important points for discussion.
  - Develops hand-eye coordination.
  - It is important to practice strength and conditioning with students, as those are skills that can be used throughout a lifetime.
- **How Can I Use This Product With My Students?**
  - **Where:** Can be used indoors and outdoors.
  - **Age:** Recommended for upper elementary and older participants. They can be also be used by seniors and people in wheelchairs - and the activities can be modified to accommodate skill levels.
  - **Group Size:** Can be used for individuals, with partners or groups up to four.
  - **Basic Skills Needed:**
    - Balance
    - Knowledge of range of motion
    - Upper body strength and endurance
    - Manipulative skills: lifting, swinging
    - Appropriate for a variety of age ranges and skill ranges.
    - Be sure to demonstrate proper technique prior to allowing students to use equipment.
- **Set Up/Instructions:** Place students in large personal space when using Fitness Ropes to avoid injuries. For all activities the participants should stand facing the rope with feet shoulder width apart. Attach rope to a stationary object by feeding the rope around the stationary object unless otherwise noted (as in partner activities). Proper warm-ups are important before using the fitness ropes.

### The Games/Activities

- **Activity #1: Two-Hand Up and Down Shake**
  - a. **Objective:** To generate strength and endurance in the core and legs via this powerful exercise.
  - b. **How to Play:** Tie the rope to the bleachers or another stationary heavy object. Grasping the other end of the rope with both hands, use rhythmic motions to pull the rope end up, then push down. Next, pull and push the rope up and down, making the rope move in a waving motion.
  - c. **Extensions:**
    - *Individual:* Instead of holding one rope with two hands, use two ropes holding one in each hand.
    - *With Partner:* Instead of feeding around a stationary object, have one student hold one end of the rope and another student hold the other. Have the two students alternately do the forceful pull-and-push motions.

- **Activity #2: Alternating Shake**
  - a. Objective: To build upper body arm and shoulder strength, increase core stability and balance.
  - b. How to Play: The alternating push downs are similar to the Two-Hand Up and Down Shake rhythmic movements, except instead of pulling with both arms at the same time, you pull up with one hand at one time. Make sure the movement is fast-paced without stops between movements. Pull up as hard as you can and push down just as fast.
  - c. Extensions:
    - *With Partner*: Instead of feeding around a stationary object, have one student hold one end of the rope and another student hold the other. Have the two students alternately do the forceful pull and push motions. Students should move the hand that is not holding a rope end to simulate the alternating of hands.
    - When time is up, repeat the same activity but have students switch hands so the opposite hand holds the rope end and the previous rope end holder is empty.
  
- **Activity #3: Double Rope Waves**
  - a. Objective: To make small, quick rhythmic movements using upper body muscles.
  - b. How to Play: Use two fitness ropes for this activity. One end of each rope is held in each hand, while the other ends are anchored to a stationary object or held by another student. Quickly pull the ropes up and down alternating right and left hand, making small rhythmic wavelike motions.
  
- **Activity #4: Rope Jacks**
  - a. Objective: To perform jumping jacks while holding a fitness rope in each hand.
  - b. How to Play: Start by holding the ropes at your sides. Perform jumping jacks as you would normally, but never let go of the ropes.
  
- **Activity #5: Side-to-Side Rotation**
  - a. Objective: To move two ropes from one side of the body to the other.
  - b. How to Play: Using two ropes, grab the ropes so there is one end in each hand and hold both rope ends at each side of the body at about chest level. Keeping the rope ends at chest height, swing the ropes in a line so the ropes cross directly in front of you stop then continue motion to the other side of your body. Repeat this motion back and forth.
  
- **Activity #6: Criss-Cross**
  - a. Objective: To work chest and shoulder muscles.
  - b. How to Play: Using two ropes, hold one end of each rope in each hand while the other end is anchored. Start with arms outstretched approximately 2' apart, simultaneously cross the arms then uncross the arms. Continue for 10 or more criss-crosses.
  
- **Activity #7: Two-Hand Circle**
  - a. Objective: To develop upper body strength and conditioning.
  - b. How to Play: You will need two ropes for this activity. Grab the rope ends so there is one in each hand and hold both ropes at one side of your body. Slowly swing the ropes together from one side of your body, across in front of you and to the side and then up around in a big circle to the other side. If someone were observing it would appear as if you are making a large outline around your face. After a few repetitions, stop and change directions.
  
- **Activity #8: Long Rope Turning Training**
  - a. Objective: To develop shoulder muscle strength, and flexibility.
  - b. How to Play: Hold one end of the rope and leave the other one on the floor. If needed, use another student to hold it in place. With the hand holding the rope, make a large circle as if you are turning a jump rope. After a few repetitions change directions. After a few repetitions in this direction, switch hands and rope ends then repeat process using your other side.
  - c. Extension: *With Partner*. Have two students, one at each end of the rope, turn the fitness rope as if it were a long jump rope.

• **Activity #9: Partner Back and Hip Flexor Stretch**

- a. Objective: To use the fitness rope to stretch in pairs.
- b. How to Play: Have two students facing each other with legs straddled so that feet touch. Both students should hold the rope so there is barely any slack in between. Have one student pull the rope toward their body and lean back while the other holds on and leans forward, so that knees are straight while the body moves toward the floor. Hold the position for 30 seconds. Have the students slowly retract the position and then repeat, reversing the roles.

• **Activity #10: Partner Sit Ups**

- a. Objective: To do controlled assisted sit-ups that work the abdominal muscles.
- b. How to Play: Have two students face each other with legs straddled so that feet touch. Both students hold the rope while one student leans back until their back touches the floor. The rope should have a barely any slack, with one student upright and one leaning backward. Have the student lying down hold onto the rope, while the upright partner slowly pulls back on the rope helping the lying down partner come to an upright position. Reverse roles.



• **Safety Issues & Concerns**

- Make sure Fitness Rope is securely held in hand.
- If using individually, make sure rope is secured in the middle with a stationary object that is heavily weighted.
- Do not allow students to stand near a Fitness Rope when others are moving it.
- Students should be aware and alert when using Fitness Ropes to avoid hitting others with any part of the equipment.
- Students should only use Fitness Ropes in large personal space, and pay attention at all times.
- NEVER swing Fitness Ropes at another person.

**Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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