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Jump rope exercise app

You can have fond memories of jumping with a jumprope in primary school at recess, whether it's alone or with others. What you probably don't remember is how good a workout jump rope really is and how much it gets your heart rate going. Mounting jumpropes in your training routine has become more popular in recent years, and because of that, some apps have been surfaced to help you track your jumping. Here are some reasons why you might want to make jumping ropes part of your training and my best choices for apps to help you. At first glance, you may not realize how much jumprope can help your overall fitness level - here are some reasons why you might want to add jumpropes to your exercise routine. Combines cardio with strength building: Jump rope has the advantage of being great cardio and getting your heart rate going fast, but it can also help you build strength if you make the transition to weighted ropes. Great for your posture: You can't jump effectively without good posture. When jumping, hold your chest up, which pulls your shoulders back, gets your neck upright and holds your elbows down and back. You can do it anywhere: Jump ropes are extremely portable which makes it a breeze to keep up the jump rope routine everywhere you go. Coil it up and take it with you on your next business trip, vacation, or weekend at the cottage and keep jumping! The Crossrope Crossrope is by far the best jumping tow company right now, and the app is specifically designed to work with its own ropes. It has two systems of rope: the older but still fantastic premium rope system or the new Infinty system. Crossrope specializes in weighted ropes, which means that the ropes not only help you do cardio, but they also provide strength training as well. While buying the ropes gives you everything you need to get started, the free Crossrope app is a perfect companion to help you with your training. The app has over a dozen different workouts that focus on strength, endurance and fat burning, giving you the ability to exercise the way you want. Workouts range from beginner to advance, which means you'll be able to start nice and slow and move on to more complicated and harder workouts as you progress. Jump Rope Workout Jump Rope Workout is a simple app that's meant to count your jumps and log your jump history. By attaching your iPhone to either waist, thigh or arm (using a bracelet), Jump Rope Workout will use the accelerometer in your phone to track how many jumps you make. In addition, you can even add your weight and let the app calculate how many calories your burn, so you can see what the fruits of your work really are! You can use Jump Rope Workout with any jumprope you choose, and it's highly rated by users on the App Store. Nike Training Club Although the Nike Training Club is not specifically designed for jumprope exclusively, it has many workouts that include jumpropes. With of created training sessions by users and and Nike Training Club will therefore have something to suit your style. This program is best for someone who wants to make jumping ropes just part of a balanced training regime. YouTube YouTube has videos about literally everything and jumping rope is no exception. Of course, just looking for Jump Rope on YouTube will net you many results from workouts to cool jump rope tricks, there's a channel that you should subscribe to if you want to get into jump rope. Check out Jump Rope Dudes on YouTube. They have over 400 videos on their channel, and all are focused on jumping. They have everything from product reviews to guided fitness videos that take you from just starting to jump all the way to an expert sweater. If you already have the YouTube app, or still need to download it, it's a great way to have jumprope-controlled videos right in your pocket when you're exercising. Which are your favorite jump rope apps? Are you in the jumping rope craze? Let us know about your favorite apps in the comments below! We can earn a commission for purchases using our links. get more information. May 15, 2018 Matt Hopkins When I started my first jump rope team back in the early 1990s Apple was still just a struggling computer company and jumping rope was just a fringe activity practiced by kids on the playground and some of us crazy jump rope competitors. Twenty-five years later we have the app store, and jump ropes have gone mainstream as fitness pros and scientists have discovered the benefits of jumping ropes for everything from increasing bone density to improving memory. Jump rope is now a core component of CrossFit and many other common training programs. I've had a chance now to use many of the jump rope apps you can find in Android and Apple App stores (disclaimer: I'm an avid iPhone user, but I included some Android apps here). Here's my review of my top 5 favorites.1. JustJump Don't be fooled by the low number of reviews (6 reviews at the time of writing). This was an easy choice as the best jump rope app. Very innovative and thoughtful. Aimed at all audiences ... from playground, competition, to training for various sports such as boxing. Quick summary: Offers workouts that target sports and training goals for athletes or fitness fanatics. For those who want to learn jump rope tricks it provides over 200 skills and combinations in 4 different skill levels. The Good: The app is useful for a large audience that may have an interest in jumping ropes. Easy to navigate with simple and clean pages. Each trick starts with a page that has a written description and useful tips. An accomplished athlete demonstrates the skills with the sound of the rope in motion. The user is given the option to play the video-recorded trick at regular speed and in slow motion. A cool feature allows the user to move frame by frame to study how the trick is done. This app even provides access to the best jumping gear. Super useful is that you want to use jump rope to cross train trains different sports. Many sports from football, basketball, ice skating, Crossfit and tennis get workouts to help these athletes excel in their sport. If fitness goals are important to you, this app will help you improve your balance, endurance and strength. Competition jumpers will be especially helped by this program as it covers speed shopping, double unders and tricks. The Bad: This program has a fee, but many of the tricks are free. Available on: iPhone 2. Jumping Skills This app offers a comprehensive list of jump rope skills set in levels 1 to 6, as well as many other useful categories. Aimed at anyone who wants to learn new jump rope tricks. The Good: Easy to navigate, good quality video recording and audio description. Shows skills from different angles. front, back and sides. Tricks are separated very well into the jumping skills categories. Demonstrated by a top-level jumper. The bad: Have to pay to see most skills. Very few free skills. There are a number of jump rope apps available for download, but not all of them are created equal. In addition, most apps native applications are exclusive to one device or other device (Android and iOS). Given that there is a fairly smooth sharing between Android and iPhone users, I put together a list of my favorites jump rope apps on each device. I also cover some of the benefits of using an app to track your jump rope workouts. Best Jump Rope Apps of 2020 (Android) 1. Jumpro Jump (by Marco Sinacore) This is my favorite app. It is quite basic and does not have many bells and whistles, but it works well. Very clean user interface, easy to use, calibration is spot on, and no ads. It's great for logging jump rope sessions. Track jumps, calories burned, and it even syncs with a Bluetooth heart rate monitor to track cardio. Another cool feature is that this app has the ability to stream to your TV via Chromecast, so you can track your workout in real time. You'll need to sign up when you download the app so you create a profile before you can start using it. You'll also need to verify your email address, which is annoying. It only takes a minute or two though. Once you're registered, you're ready to go. Check it out on the Google Play Store, here Pros: Simple, Easy to Use Interface Pair with Bluetooth Heart Rate Monitor Chromcast Compatible Accurate Calibration No Ads! Free cons: Bare bone app, not many additional features Need to sign up and confirm email address 2. The Jump Rope Tricktionary (by Dylan Plummer) This jumprope app is a unique one. The creator has compiled a catalog of 150+ different jump rope tricks, with a video for each one. It also allows you to keep track of the tricks you've completed and upload videos of yourself completing these tricks. Another cool feature on this program is the speed timer. With tricktionary speed timer can track other jumpers by counting the jumps manually. Honestly, the only thing I do not like about this program is there is no way track your own workouts. Really solid app though, I definitely recommend downloading it! Check it out at the Google Play Store, here Pros: 150+ jump rope tricks, with videos Speed timer No ads! Free Cons: No Way to Track Workouts 3. 2.5K Jump Rope Workout (by Power Ups) This program is great for beginners. The first goal is to get to 2500 jumps. When opening the app, it is an endurance test. When you jump until you're tired, the app creates a baseline for you. Then you can help you set goals and track your journey to get to 2,500 jumps. The cool thing about this app is it puts together custom workouts for you and allows you to set reminders for these workouts. In addition, by logging in, you are able to compete with other users and see how to stack up against the competitors on their leaderboard. The only thing that bothers me about this program is the calibration. I have used this program many times and it never seems to calculate my jumps very accurately. Now they may have come out with an update. Anyway, definitely an app worth checking out. Check it out on the Google Play Store, here Benefits: Custom Workouts and Target Setting Training Reminders Limited Ads Free Cons: Best Jump Rope Apps of 2020 (iPhone) Let me start by saying I'm not an iPhone user. So, to try out these different programs, I used the sisters' phone. Not sure if it makes a big difference, but her phone is a little dated. I also found that Apple's App Store does not provide the best search functionality. All this said, I found some great apps and have used them all personally. Here are some of the better I came across. 1. Jump Rope Workout (by Underlogic) Jump Rope Workout by Underlogic is a great choice for a basic jump rope tracker. Calibration is super accurate when tracking jumps and calories. It's very easy to use, has limited ads, and allows you to put your weight in both kilos and pounds. In addition, you can use the program to track other jumpers by counting the jumps manually. Beyond that, the functionality is quite limited, but a good app nonetheless. Advantages: Simple, easy-to-use interface Accurate calibration Limited ads Free cons: Bare bones app, no additional features 2. Jump Rope Master (by Keason Chen) Jump Rope Master for iPhone is one of the better jump rope applications. What I like most is how easy it is to use. When you open the app, you'll be presented with your statistics for the week, so you can drill down into the statistics for a specific day. Or, if you're about to start a workout, all you have to do is press start and start jumping. It's easy! My only hang-up on this app is the calibration seems to be a bit off. There may be a problem with the phone of my sisters, who are completely bruised. It is also a pretty basic app, there are no cool features or It seems to be a good app though, worth a try. Advantages: Simple, easy to use interface Limited ads Free Cons: Bare bones app, no additional features features calibration 3. JustJump (by eyebrows Unite, LLC.) This program is great for learning new tricks or jumps. They have amassed nearly 200 different skills, or unique jumps, tips to learn how to do them, and videos to show you how. In addition, the app has more than 25 unique workouts that add variety to your routine. Unfortunately, a large portion of the content is not available unless you pay for the upgraded version ($3.99). This app also doesn't have the ability to track your own workouts. Definitely a solid app though! Benefits: Great content! Many videos, with useful tips Simple, easy-to-use interface Cons: Requires you to pay for some of the content No way to track your workouts Track calories without an app If you're like me, chances are you won't use a jumprope app every time you jump rope. That said, keeping track of how many calories you burn can be hugely beneficial. Especially if you want to lose weight. For those of you interested in tracking the calories you burn, check out our Jump Rope Calories Calculator. You don't need to download an app. Just plug in your weight, time spent jumping, and intensity... and voila! Jump Rope Calories Calculator Bookmark it in your browser, so you can refer back to it every time you complete a workout. You might also consider getting yourself a Fitbit, or similar smart accessory, to track your workouts. I picked up the Fitbit Inspire HR a while ago and I love it. It also monitors my sleep which is really cool to track. The benefits of using a Jump Rope App 1. Competing with yourself One of the biggest reasons I like to use a jumping rope app, at least occasionally, is the ability it gives me to compete with myself. Most jump rope programs track calories, jumps, and some even monitor heart rate. I like to track these metrics so I can go back and break my personal records. I'm a super competitive person. Competing with yourself gives results, every time. 2. See the progress your fitness apps and portable devices have become so popular, and for good reason. For me, nothing fuels my drive to be fit and healthy more than progress itself. Using a jumprope app, you can track your workouts and monitor your progress over time. Even if your growth is small, and incremental, you'll notice it. And with most jumprope apps out there, you can visualize your progress through graphs and timelines, making it easy to understand. 3. Staying accountable is super important when trying to build a consistent training routine. Fortunately, jumping ropes are a practical exercise that makes it somewhat easier, but consistency can still be a challenge. Especially during the first weeks of construction of the new routine. A jump rope app is a great way to hold you accountable. Some of the apps even allow you to set reminders so that you miss a workout. 4. Set goals There has always been a direct connection between setting goals and making progress, both in my and professional life. Exercising is no different. Set goals, see results. Skip rope apps and fitness apps in general, making it easy to set specific, measurable goals. If you're looking for some help in composing a list of goals, I suggest you refer to ACE's (American Council on Exercise) SMART Goal Setting Guide: Specific: Is the goal defined and specific? Measurable: How should I measure this goal? Achievable: Is this goal realistic? Relevant: Is this goal one I really care about? Timebound: When do I need to complete this goal? 5. Engage honestly, I don't use my jump rope app very often. First of all due to the fact that there can be a problem when jumping rope every day. That said, I've found when I use them, I tend to look forward to my training more. How many calories can I burn this time?. How many double below can I get in a minute? I'm engaged. It is especially effective if I have trouble getting into a routine. Routine.

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