

BILLY'S ROPE OF CHAMPIONS

**BILLY
GRAHAM**

**4 x New Zealand &
Australasian Boxing
Champion**



MASTER THE ART

**MASTER THE ART OF SKIPPING –
PROGRESS WITH CONSISTENT EFFORT**

**Ten minutes skipping equals half an hours run,
You can do it at home and it's so much fun.**

**It's the number one exercise for the heart
And all you have to do is start.**

**Put ten minutes aside at the end of the day
And watch those calories burn away.**

HELPFUL HINTS

- Always stretch before skipping
- Always skip with sports shoes on and never on concrete or other hard surfaces
- Skipping to music is motivational
- Adjust the length of your rope to suit your height –
Remove cap with the help of hot water if necessary. Pull the pin out, push the rope through the handle, cut to length and reset the pin.

TRAINING LEVELS

your level of fitness

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

turns per minute	length of bout	number of bouts	frequency per week	total time per week
60	15 sec	4	2-5	1 min
60	15 sec	6	2-5	1.5 min
60	30 sec	4	2-5	2 min
60	30 sec	6	2-5	3 min
60	45 sec	4	2-5	3 min
60	45 sec	6	2-5	4.5 min
60	1 min	6	2-5	6 min
60	1.5 min	6	2-5	9 min
60	2 min	6	2-5	12 min
60	2.5 min	5	2-5	12.5 min
60	2.5 min	6	2-5	15 min
60	3 min	6	2-5	18 min
60	4 min	5	3-5	20 min
60	6 min	3	3-5	18 min
60	9 min	2	3-5	18 min
60	14 min	1	3-5	14 min