



Tim Haft, President | Punk Rope, Inc. | 330 First Avenue, 8E | New York, NY 10009 | 646-654-0668 | tim@punkrope.com

---

Thank you for your interest in hosting a Rope Jumping for Maximum Fitness Workshop. If you have questions, don't hesitate to contact Tim Haft at **646-654-0668** or **tim@punkrope.com**.

### **Which topics are covered in the Rope Jumping for Maximum Fitness Workshop?**

Injury prevention • Strength training for rope jumping • Posture • Jumping mechanics  
The 4-step method of teaching rope jumping • How to correct common rope jumping errors  
Endurance jumps • Agility jumps • Power jumps • Speed jumps • Resting moves  
Warming up for rope jumping • Flexibility for rope jumping • Program design

### **Who is the workshop for?**

The workshop is ideal for personal trainers, group fitness instructors, PE teachers, coaches, athletes, and anybody interested in getting the maximal benefit from rope jumping.

### **Workshop Basics**

- The Rope Jumping for Maximum Fitness Workshop is 3 hours long.
- The workshop maximum depends on the space available (we recommend 70 sq ft of space per participant); the enrollment minimum is determined on a case-by-case basis.
- Punk Rope handles registration through its secure website; we also accept checks.
- Punk Rope will provide you with a PDF flier to help with promoting the workshop.
- The fitness director of the host facility receives a complimentary registration.
- Registration fee (subject to change): \$89
  - Need-based scholarships are available for those who work with economically disadvantaged youth

### **Registrants Get:**

- CECs: .3 ACE | 2 AFAA | .3 NASM | 3 ACSM
- PDF Rope Jumping for Maximum Fitness manual
- Adjustable speed rope

### **Host Responsibilities:**

- To **enthusiastically** promote the workshop to staff and members
- To provide a workout space of at least 1500 sq ft (**if smaller, please call to discuss**)
- To provide a sound system, which accepts a wireless microphone

## Next Steps

If you'd like to host a Rope Jumping for Maximum Fitness Workshop, please complete the form below and email to [tim@punkrope.com](mailto:tim@punkrope.com) or fax to 646-349-2638. Upon receipt, we'll give you a call to discuss.

<b>Facility name</b>	
<b>Facility address</b>	
<b># of trainers/instructors at your facility</b>	
<b>Square footage of studio/gym (If less than 1500 sq ft call us to discuss)</b>	
<b>Do you have a sound system that accepts a wireless mic?</b>	
<b>Is your facility accessible by public transportation?</b>	
<b>Contact person</b>	
<b>Phone</b>	
<b>Email</b>	