**Choosing Your Own Online Workout**

Name: Mr. Kuc

Website Name: Jump Rope Dudes

Url: https://www.jumpropedudes.com/

Three Questions:

|  |  |  |
| --- | --- | --- |
| Questions | Observations | Evaluation?  Neutral face outlineSad face outline |
| Qualified Source?  Certification  Experience | No certification, qualifications noted on website or when I looked up names of instructors on internet.  Good abs though… | Sad face outline |
| Safety?  No dangerous movements  No excessive rotation of lumbar spine  Natural movement patterns  Includes easy to follow demos | Looks safe and the demos are clear on the website.  There is a ton of jumping here. I am worried that injury may result if I am doing this too often or on hard surface. Need to start slow! | Neutral face outline |
| Principles of Training ? | Specificity?  Am I training what I want to train?  Looks good. Not really a strength training workout as it is primarily cardio exercises with some muscular endurance exercises mixed in. Would do as a cardio day.  Muscle Balance?  Push, Pull, Core, Knee Dominant and Hip Dominant  Missing pull exercises and Hip Dominant exercises  Overload?  Is the right difficulty for my fitness/ability level?  Looks like it will be a challenge but I am up to it. I like that they have modified exercises in the instructions as I may make substitute some of these exercises in.  Too much jumping? Will have to listen to my body (especially my skins) and will start only do this workout once a week. | Sad face outline |

Is this workout a good or bad choice based on the criteria above?

It looks like it will be okay. I think it will be a good workout to spice up my program, but I will not be switching over to this as the lack of a qualified instructor and muscle balance are issues.

What other criteria might you consider that was not included above (fun, age of instructor, music on app,???)?

The abs look good! I realize that people's stories and opinions, although they may be a good place to start investigation of an idea, is not a great place to stop and base a decision as to the quality of a workout program or product. The abs on all of the male models on the website may be partially from jumping rope, but this is most likely part of an overall package that includes good genetics, a healthy diet, and other exercise measures.

I like skipping rope and do not need to buy any additional equipment. Some of the moves look challenging and even if I do not stay with this program I would like to become a better skipper.

Would you recommend this workout/app to someone else? Why or why not?

I could recommend it as a cardio alternative to throw into the mix once every two weeks.

Any other comments?