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Cool Jump Rope Tricks You Can Do: A Fun Way to Keep Kids Aged 6 to 12 Fit All Year Round

By David Fisher

Meadowbrook Press,U.S. Paperback. Book Condition: new. BRAND NEW, Cool Jump Rope Tricks You Can Do: A Fun Way to Keep Kids Aged 6 to 12 Fit All Year Round, David Fisher, This book by celebrity sportsman David Fisher ('the world's best rope jumper' according to Ripley's Believe It Or Not) gives your primary and middle school children a fun way to stay fit all year long - indoors and out. It includes 94 cool jump-rope tricks starting with easy activities to get six-year-olds started and goes all the way up to show-off tricks you won't believe your twelve-year-olds can do. Each trick is presented with step-by-step photographs with simple, clear instructions your kids can use to master them. And the wide format lays open so they can review each trick, just before they start jumping.



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