

Activities



Chinese Jump Rope – Dhia Yas

FUN FACT

You can burn 200-300 calories jumping rope for 15 minutes

INSTRUCTIONS

Easy How to Make Jump Rope with Rubber Bands

1. Open the bag of rubber bands
 - Need 250 or more rubber bands for 1 rope
2. Start with the handle using 2 rubber bands
 - (Double the rubber bands for durability & a better swing)
 - Take 2 rubber bands & put it through the loop with the first 2 rubber bands for the handle
 - (Keep going until you get to your desired length)
3. End handle
 - Put the rubber bands like you are doing a loop & pull it to tie it

Visit You Tube for video instructions:

<https://youtu.be/3GjKBiCLW6U>