1. Without jumping, hold two ropes and stand between two helpers who hold the other end of each rope. Turn the ropes in a “swimming” motion (alternating up and down swings) with a slow, steady beat. The helpers hold the ropes but don’t help turn them. Bring your hands higher than shoulder level on the upswing and lower than waist level on the downswing, keeping your hands parallel to the side of your body.

2. With your arms continuing to turn correctly, begin the single bounce on two feet to the beat of each rope hitting the floor (the ropes don’t go under your feet).

**tips:** Keeping the proper rhythm and form without jumping is essential before moving on to jumping in the Two Wheel — Preparation. • Helpers should be close enough to you to ensure that the ropes hit the floor on each turn. • Keep your arms out to the sides; don’t bring your hands to the middle of your body in front. • Jump on two feet together. • Turn the ropes slowly, lifting them high and bringing them down low. • You may twist slightly from side to side while jumping. • Also practice starting with your other arm first.