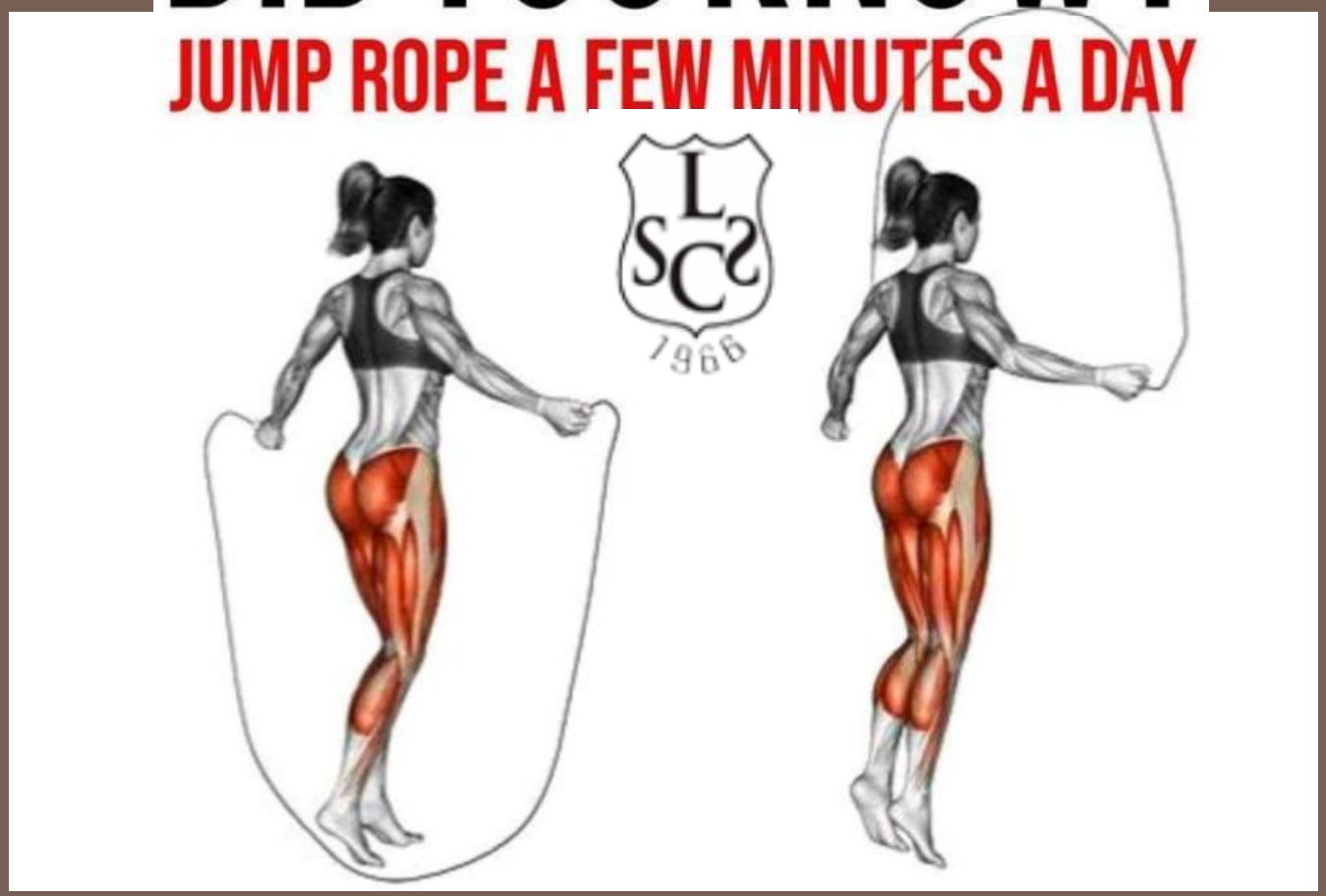
DID YOU KNOW?

JUMP ROPE A FEW MINUTES A DAY



STRENGTHENS YOUR LEGS, GLUTES & CALVES

BURNS MORE FAT & CALORIES THAN TYPICAL CARDIO

IMPROVES MOOD, HEART & BRAIN FUNCTION