

# For the Love February Fitness Challenge of Exercise

Jump rope once again grabs the spotlight for February's Flourish with Fitness Challenge. **For the Love of Exercise** is designed to increase awareness of all the benefits from jumping rope. Jump rope is one of the most effective cardiovascular exercises. Along with benefits to the heart, jump rope also enhances coordination, agility, and strengthens bones, arms, legs, and core.



**For the Love of Exercise** also offers other exercises to help enhance full body fitness. Throughout the month participants will be challenged with exercises including the plank, squats, and burpees, where the degree of difficulty gradually increases week by week.

The workouts posted on the calendar can be adapted to fit the fitness level of each participant. Students need to perform fewer repetitions on a given day due to fatigue or if they're physically not ready.

This workout is an excellent opportunity for jump rope beginners to enhance their jump rope ability. I encourage beginner jumpers to persevere. If you put in a little work each day, your ability will increase steadily. On the other hand, I encourage advanced jumpers to attempt more difficult challenges such as the ones demonstrated in the video below. 16 Jump Rope Tricks <https://www.youtube.com/embed/PUCQ2pvnyW4>