

On Your Mark Coaching and Training
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Win It! Chi-Town Fitness Trend: Rope Burn

By Shani Silver

We've been obsessed with jump-ropes since the first time we watched our neighbors attempt double-dutch. If only we knew the value of a workout in third grade. These days, **Chicagoans** are getting a little tired with the workout routine, so we're upping the ante, literally. On Your Mark Coaching and Training is riding the trend wave with the launch of **Rope Burn**, a new class utilizing jump-ropes of various sizes and weights. Apparently, this kind of thing is a calorie-killer, with 10 minutes of jumping-rope being the workout equivalent of 30 minutes of running. If you're the instant-gratification type, this burn's for you. Care to try? Hop over to our [Facebook page](#) and enter to win a free class, so at least the first time you get your ass kicked, you don't have to pay for it.

On Your Mark Training and Coaching, 1101 W. Monroe (at South Aberdeen Street); 312-733-9330.

