

On Your Mark Coaching and Training
Vital Juice
June 20, 2011

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Fitness

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Jump Around

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This new class gives you legs that will make you jump for joy.

You'll want to jump all over this: fitness expert [Mark Beier](#) has combined two proven calorie-blasters--Tabata-style training and jumping rope--for one of the best workouts of the summer. It's **Rope Burn** at [On Your Mark Training Bucktown](#).

It takes only 45 minutes to feel the burn in this class, thanks to quick yet effective Tabata drills. You'll jump rope as fast as you can for 30 seconds, rest for 10 seconds and repeat five times. Next, it's a series of five sculpting exercises that focus on toning the legs, shoulders and core, using the same Tabata format.

You'll sweat like crazy, **burn 450-600 calories per class** and get amazing legs that were made for strutting. Hello, summer wedges!



Check out [this video](#) to learn three of the core exercises.

You'll wrap up class using a foam roller to relieve tight muscles, which ensures you'll be able to walk the next day.

Feel the burn.

Rope in your workout buddies--send this email to your friends!

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