



URBAN ATHLETE

# Hop, Skip and a Jump to Fitness



Kirsten Luce for The New York Times

Michael Olajide teaches a class with jump ropes at Aerospace in Manhattan. "It's natural to start slow and take breaks," he said.

By SHIVANI VORA  
Published: May 5, 2011

MY wedding day almost nine years ago was one of the most joyous days of my life. Gaining 15 pounds two years into the marital journey, however, was less than thrilling. Through a friend, I heard about Exude Fitness, a company in New York City that helps clients lose weight by jumping rope. Desperate to remove the evidence of too many overindulgent, albeit romantic meals, I scheduled a session with the company's founder, [Edward Jackowski](#).

### Blog

#### ArtsBeat

The latest on the arts, coverage of live events, critical reviews, multimedia extravaganzas and much more. [Join the discussion.](#)

[More Arts News](#)



In a few meetings he showed me how to skip rope properly and created a workout that I could do on my own. I started with a basic jump, two feet at a time, and eventually graduated to fancier moves. It turned out that a child's idea of playground fun could be an effective fitness tool for an adult: after two months of jumping several times a week, I was lighter than I had been before my wedding.

RECOMMEND

TWITTER

E-MAIL

PRINT

REPRINTS

SHARE



### Latest in My Network

What's This?

- Robin Amos Kahn** RECOMMENDED  
Beyond Flowers for Mom
- Stephanie Klatsky** RECOMMENDED  
Osama bin Laden Dead, U.S. Officials Say
- Carma Dillon** RECOMMENDED  
Bicycles Built for 7, Mostly Grounded - New York Times

#### POPULAR NOW

Arthur Laurents, Playwright and Director, Dies at 93



#### MOST E-MAILED

23 articles in the past month

#### RECOMMENDED FOR YOU

[cleo2020@aol.com](mailto:cleo2020@aol.com)  
All Recommendations



1. [Broadway: Take 'Em Early, Take 'Em Often](#)



2. [MISURATA JOURNAL: The Lives at the End of the Rockets' Arc](#)



3. [Arthur Laurents, Playwright and Director on Broadway, Dies at 93](#)

Mr. Jackowski, who also wrote the book "Jump Into Fitness," describes jumping rope as an intensive cardiovascular workout that has one-fifth the impact on the back and the knees as running and burns more calories in less time.

"Jumping rope for 10 minutes at 150 turns per minute is equal to 30 minutes of running between six and seven miles per hour," he said.

Exude offers one-on-one sessions at your home or at one of its eight locations in the city, but there are other places to jump in a group setting.

Aerospace, a boutique gym in the meatpacking district, incorporates ropes in many of its classes, including boxing and sculpting. It also has a dedicated class called Aerojump offered in 30- and 60-minute sessions.

Classes start with two-foot jumps and progress to jumping jacks, arm crossovers, forward and back steps, jumping on one foot and making double turns that require exercisers to jump up and spin the rope twice before landing. The only short breaks involve the use of light weights for upper- and lower-body work. Classes, for 10 to 15 participants, take place in a spacious room.

[Michael Olajide](#), the former boxer who teaches the classes, said that skippers of all levels were welcome and that there was no pressure to do every move.

"It's natural to start slow and take breaks," he said. "But eventually you will build up your endurance enough to be able to do the whole class."

Jeremy Abelson, a 30-year-old from the West Village who works in finance, said that he had been attending twice a week for the past two years and that the program had transformed his body. "I lost more than 15 pounds right away and went from undefined abs to an eight-pack," he said.

The Sports Center at Chelsea Piers offers two rope-heavy classes for aspiring jumpers: the hourlong Interval Box intersperses five to seven skipping sets with boxing moves, like punching in different directions, and the 30-minute High Velocity features constant skipping with stops for a few exercises for the arms, abs and legs. The instructor of both, Pamela Carton, said that she blared house music and turned out the lights to simulate the feeling of a nightclub.

Those touches make the workout less painful, said Dana Morgenstern, 32, a fashion designer who lives in Chelsea. "The time goes by so fast that I don't realize how hard I've worked until it's over," she said.

As for me, I still swear by my plastic purple jump rope. It helped me slim down seven years ago and has even inspired my husband, Mahir, to start skipping. After all, we want to add years to our marriage, not pounds to our frames.

A version of this article appeared in print on May 6, 2011, on page C39 of the New York edition with the headline: Hop, Skip and a Jump to Fitness.

E-MAIL

PRINT

REPRINTS

 [Get 50% Off The New York Times & Free All Digital Access.](#)



4. [Seinfeld on the Web, Portion Controlled](#)

5. [Devastated Alabama Town Struggles to Account for Its Missing](#)

6. [A Return to Spending and the Front Rows](#)



7. [When the Fur Doesn't Fly](#)



8. [Plan to Build Up Chelsea Market Has Some Up in Arms](#)



9. [Office Party? Let's Tweet It](#)



10. [Pandora Internet Radio Service to Offer Large Archive of Comedy Clips](#)

[Go to Your Recommendations »](#)  
[What's This?](#) | [Don't Show](#)

PRESENTED BY



THOMSON REUTERS



**Get rich quick**

ALSO IN BUSINESS »

[How to select the best mutual funds](#)  
[Real estate funds boom](#)

**nytimes.com**

**BUSINESS**

ADVERTISEMENTS



Exclusive offers delivered to your inbox

The New York Times

**Save 50% on home delivery ▶**

Ads by Google

what's this?

**[Disc Makers Digipaks](#)**

Highest-quality and the lowest price on Digipaks. Save \$200!

[www.dismakers.com/DigipakSale](http://www.dismakers.com/DigipakSale)

More Headlines From Around the Web

Sponsored Links

HEALTH.COM

Common Birth Defect May Be Linked to Migraine With Aura

LIVESTRONG.COM

How to Get Rid of Acne Fast With Natural Ways

REAL SIMPLE

10 Ways to Let Go of Your Stuff

CNBC

Bin Laden Compound Likely to Reveal Al Qaeda Contributors

Get Free E-mail Alerts on These Topics

New York City

Exercise

Jump Rope

Ads by Google

what's this?

Messages for Japan

Read messages of hope from around the world, then write your own.

messagesforjapan.com

INSIDE NYTIMES.COM



ARTS »



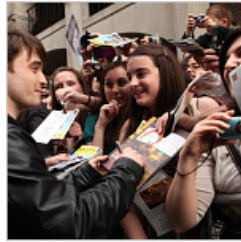
A Method Behind All the Wildness

MAGAZINE »



Mark Bittman: Yes, This Is Made of Celery

THEATER »



Broadway: Take 'Em Early, Take 'Em Often

OPINION »

Fixes: Fostering a Team Approach
How one group's research could be a model for others fighting diseases.

WORLD »



Celebrating a Death: Ugly, but Only Human

OPINION »



Op-Eds About Osama bin Laden

Home | World | U.S. | N.Y. / Region | Business | Technology | Science | Health | Sports | Opinion | Arts | Style | Travel | Jobs | Real Estate | Autos | Site Map

© 2011 The New York Times Company | Privacy | Your Ad Choices | Terms of Service | Terms of Sale | Corrections | RSS | Help | Contact Us | Work for Us | Advertise

MORE IN ARTS (29 OF 50 ARTICLES)
Weekend Miser
Read More »