

BALI JUMP

FIND YOUR RHYTHM.

JUMP ROPE SESSION
* RENDEZVOUS FITNESS BALI

Wednesday, 2 September · 10:45

Free session · All levels · Ropes provided
Led by the founder — just bring yourself



WHAT IS BALIJUMP?

BaliJump is a jump rope brand and movement community **born in Bali**. We craft premium 5mm ropes — steel cable core, anti-break handles, five island-inspired colours — and we teach people how to move with them. Every class is led personally by our founder, **Ali**: beach jams, gym sessions and weekly community meetups across the island. We don't count reps. **We count beats.**

● ● ● ● ● SUNRISE YELLOW · GILI PINK · TURQUOISE · OCEAN BLUE · UBUD GREEN

THE SESSION — RHYTHM & ROPE

01

Rope & Sizing

Everyone gets a rope, sized to their height. Grip, posture and the basic bounce — the foundation that makes everything else easy.

02

Footwork on the Beat

One new step, taught to music at ~120 BPM — boxer step, side swing, heel taps. You're not jumping. You're moving to a rhythm.

03

Flow

Everything connects into one continuous flow with the music. This is the moment it stops feeling like a workout — and starts feeling like play.

WHAT YOUR MEMBERS GET OUT OF IT

Serious cardio, in less time

Skipping consistently ranks among the highest calorie-burn-per-minute exercises — a focused 10–15 minute rope session delivers the cardio work of a much longer jog.

Coordination & timing

Footwork set to music trains the brain–body connection: timing, balance and agility that carry over into every other sport your members train.

Full-body, two square metres

Calves, legs, core, shoulders and grip — all working together. One rope, minimal space, zero setup. The most portable workout there is.

Stronger bones & ankles

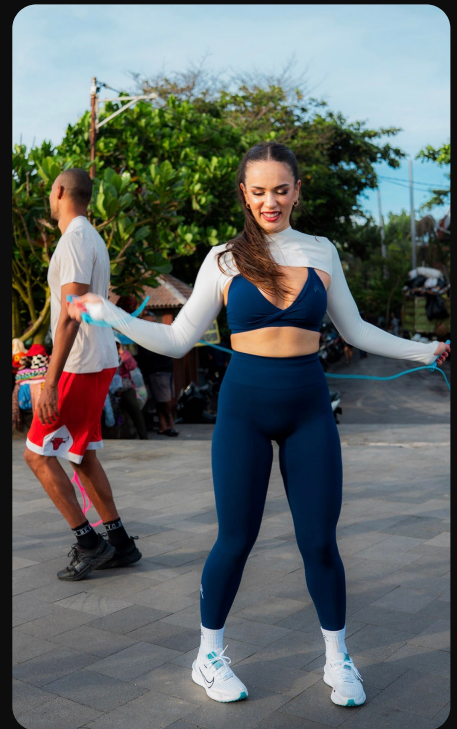
Controlled, low-impact jumps progressively load the bones and stabilise the ankles — built up safely, step by step, from the very first class.

Rhythm makes it stick

When training feels like dancing, people come back. Music turns cardio from a chore into a habit — and consistency is where results live.

A community, not just a class

Participants are invited into the BaliJump community — weekly sessions, beach meetups and events across Bali. The class is where it starts, not where it ends.



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