



Abdulrhman Jump

Fitness Coach and Jump Rope Expert

Saudi - Saudi Arabia

[Read More](#)

Who is Abdulrhman Jump

Abdulrhman is a Saudi fitness coach, nutrition specialist, and entrepreneur widely known for his deep expertise in the sport of jump rope. He has gained prominence through his social media presence under the handle "abdulrhman_jump," where he provides educational and motivational content focused on the health benefits and advanced techniques of jumping rope. Abdulrhman is the founder of "A to Z Ropes," his brand and e-commerce store specializing in professional jump ropes, including beaded ropes which he recommends for beginners and freestyle enthusiasts. Through his platform, he offers comprehensive training programs, most notably the "Jump Rope Course from Beginner to Professional." This extensive course is designed to teach participants 65 different movements, progressing from fundamental basics to complex skills. His work aims to popularize the sport, emphasizing its high efficiency in burning calories, enhancing cardiovascular fitness, and improving neuromuscular coordination.

Achievements of Abdulrhman Jump

Abdulrhman founded the e-commerce store "A to Z Ropes," which has become a well-known destination for both professional and beginner jump rope athletes in the region. The platform provides high-quality equipment and specialized training programs. He designed and launched a comprehensive online training program titled "Jump Rope Course from Beginner to Professional." The course covers 65 distinct jump rope movements, offering a complete curriculum for participants to master the sport, showcasing his extensive expertise in the field.

[Read More](#)