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<https://youtu.be/PereE1Pq0U>

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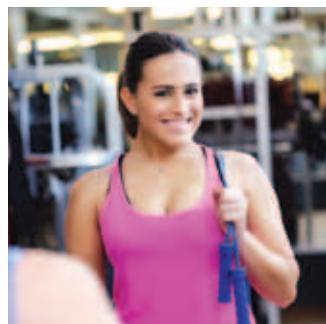
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Skipping Offers Runners Extra Boost

By Nancy Botting

Many sports have turned to include skipping or “jumping rope” as the perfect exercise to enhance athlete performance by stimulation of both the neuromuscular and cardiovascular systems. Skipping will enhance coordination, power, agility, core stability and take you to higher levels of aerobic and anaerobic endurance. Sounds like the perfect recipe for running farther and faster!

Skipping will boost your cardio-respiratory (heart and lung) stamina and improve your overall fitness level. Jumping rope is a very efficient and complete full-body workout. It requires coordination of your entire body. Skipping helps to develop agility for quick movements and directional change, it aids with hand-eye and foot coordination as well as body awareness and develops strength, flexibility and symmetry in the hip, knee and ankle - helping to prevent many common overuse running injuries.



Skipping combines rhythm and timing. While you skip you must pay attention to the skipping rope's distance, rhythm, speed and position. Your brain will be forced to make

extremely quick calculations. It will build great overall body coordination, improved reflexes and a greater sense of balance. To be able to skip for a continuous period without stopping requires cross-lateral ambidexterity and a very high level of fitness. Both sides of the brain and both sides of the body are being stimulated at the same time. Statistically, skipping burns twice as many calories as walking. But equally as important is that fact that it is so much fun. It makes you feel like a kid again.

Another great benefit of skipping rope is the effect that it has on preventing osteoporosis. It is an excellent weight bearing activity as it places stress on the major weight bearing bones of the lower leg and pelvis which help develop optimum bone mass.

Unlike running or jogging, while the arms move symmetrically to the rest of the body and have no need to be clenched, extended or retracted, skipping is approximately 40% upper body and 60% lower body activity. By continually turning the rope you are engaging biceps, triceps, deltoids, chest and almost all other muscles of the upper body. The repetitive resistance of coordinating the speed and the turn of the rope is an excellent endurance exercise for the deepest stabilizing muscles

of the shoulder girdle. While skipping, the rotator cuff muscles are stimulated to hold the ball of the shoulder joint in the centre of their socket, thus improving the position of the shoulder girdle, and in many cases will help to resolve many shoulder overuse injuries caused by soft tissue impingement.

IS SKIPPING HIGH OR LOW IMPACT?

Skipping can of course be regarded as high impact, but when executed correctly, should be more medium to low impact. The better you become at skipping, the more economical your movements will be. But don't be fooled! Moving your arms less does not make it any easier to sustain a constant skip. It simply means that you are beginning to use the correct upper body muscles. The key is to jump very low, just enough for the rope to travel under your feet. Minimize the movement of your arms by keeping your shoulder girdle tight and make the pivot point your wrists. This will ensure that your arms stay in exactly the same place with every skip and lessen your missed skips!

SKIPPING BENEFITS - THE STATS

- » Rope speed > SLOW > 60-80 turns/min. = 70-100kcal/10min session
- » Rope speed > FAST > 80-120 turns/min = 110-150kcal/10min session
- » Skipping at a rate of 120 turns/min = same as running 6 miles/hour
- » 1 hour of skipping at speed can burn 600-1000 calories.

SAMPLE SKIPPING WORKOUT FOR RUNNERS

To improve your aerobic fitness:

Perform steady-paced skipping for 20 minutes or

Skip for 3 minutes / 60-sec. rest -

repeat for 10-15 sets

To improve anaerobic fitness:

Skip 20-sec. fast pace followed by 10-sec. rest - repeat 4 min. (Tabata method /or to be included in circuit style workout)

Nancy Botting is a Registered Physiotherapist with a Diploma in Sport Physiotherapy. She was a member of the Canadian medical team for the Atlanta Olympic Games, Athens and the Beijing Paralympics. She loves spending time outdoors with her two kids and competes in outrigger canoe racing. Physical Edge Physiotherapy is located in Oakville, Ontario. www.physicaledgephysio.com