

Plastic Bag Jump Rope Instructions

1. Collect some plastic bags. It is best if they are all the same size and shape, but different colors are fun.
2. Cut the bottom off the bags and the handles.
3. Open your bags into a circle.
4. Tie your bags together using a girth hitch knot.
 - a. Overlap two bags.
 - b. Loop one bag over the other bag.
 - c. Feed the other end through the loop and pull it tight.
5. Create three strands of bags.
6. Attach the bags together at one end with duct tape and hold them down.
 - a. You can hold them down by taping them down, holding them down with a book or having
 - b. a friend hold them down.
7. Braid the bags together. Smooth out the air pockets as you braid.
8. Continue to add additional bags to adjust to the length you want your rope to be.
9. Finish your jump rope with duct tape.

