



An energizing jump rope workshop designed to bring teams together, boost movement, and spark genuine smiles.

Through laughter, rhythm, and light challenges, your team will breathe, move, and connect — and without even realizing it, feel more open, united, and motivated than ever.

WHAT'S INCLUDED

- Professional jump ropes;
- Energizing warm-up;
- Learn the basics;
- Team balance & coordination drills;
- Friendly competitions & team challenges;
- Personalized feedback & live demos.



BENEFITS

- Reduces stress and boosts energy levels;
- Improves coordination and balance;
- Provides moderate cardiovascular activation;
- Enhances mental clarity and focus;
- Promotes an active and healthy lifestyle.

MORE THAN JUST MOVEMENT

- Improves collaboration between colleagues;
- Builds trust and strengthens team connections;
- Creates a positive and motivating vibe;
- Helps colleagues reconnect through fun activities;
- Encourages a simple, effective habit that can be continued both during work hours (as active breaks) and in free time.



🎯 The program can be tailored to your company's goals, team preferences, number of participants, and vent location. All activities are designed to be inclusive and adaptable, suitable for participants of all fitness levels and abilities.

BUILDING STRONGER TEAMS, ONE JUMP AT A TIME.

— The coach
HI! I'M CORA

Certified personal fitness trainer — Ministry of Labor and Social Solidarity & Ministry of Education (2024)

PORTFOLIO

- IUNIFEST, June 1, 2024, Bucharest;
- Human Therapy Bootcamp, April 2024, Vața de Jos;
- Sports Festival, June 13–16, 2024, Cluj-Napoca;
- Jump Rope Battles, Jump Rope Urban International Meetup 2024, Porto, Portugal;
- Sports Festival, June 12–15, 2025, Cluj-Napoca;
- Jump Rope Workshop – Kids++ Group, August 2025, Cluj-Napoca;
- Jump Rope Urban International Meetup 2025, Porto, Portugal.



CONTACT

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