

Introduction

There has been a lot of interest in connected and personalized workouts over the past few years. This is because these workouts are fun and highly engaging and you get great fitness results. Our sponsor Crossrope has launched a new version of their Bluetooth connected jump rope workout experience called [AMP 2.0](#)* that is unlike any connected workout experience you've tried.

AMP is pronounced **amp, like the abbreviated version of amplifier, not the acronym A.M.P.*

New Features

AMP 2.0 builds on everything people love about AMP 1.0, including Leaderboards, TargetTrainer, Teams, and more, with even more powerful features and improvements to take your jump rope game to the next level which are:

- New Handle Design
- Multi-Handle Mode for iOS
- Pair Up to 4 Ropes in a Single Workout.
 - AMP 2.0 lets you effortlessly transition between ropes without disconnecting, giving you:
 - More time to rest and recover between sets, OR
 - Faster transitions to keep your momentum going strong.
 - For those of you with both AMP 1.0 and 2.0 handles, don't worry - you can use both of them together, multiple 1.0 handles, multiple 2.0 handles, whatever combination you'd like.
- Triple-Click Rewind:
 - With a simple triple-click you can rewind to a previous interval to keep your rhythm and momentum flowing.
- *Coming Soon: In-Person Multiplayer Mode!*

Benefits of AMP

1. **Easy to get started with workouts and programs** - AMP offers personalized workouts and programs for your specific fitness goals - weight loss, strength, and cardio. The workouts are engaging and addictive and the app makes you want to keep jumping. You get guided workouts and real-time jumping feedback along with access to a library of 2,000+ workouts. If you're motivated to track your progress with stats, this is for you.
2. **Fraction of the cost** - most connected fitness experiences cost thousands of dollars. AMP offers a unique connected and guided workout experience at a fraction of the price.
 - a. Hit on the membership objection - 'I get it, no one wants a new subscription, but guys, it's just \$9.99/mo ... that is so cheap for how effective this workout is.'

3. **Portability** - with most connected fitness experiences, you're constrained to one place with your equipment .. with AMP you can do your workouts through the iPad at home or on your phone when you're on the go.
4. **Same weighted rope benefits** - you still get the same quality and benefits of weighted jump rope training that Crossrope is known for. Weighted ropes burn more calories, engage more muscle groups, and make it easier to learn how to jump. The difference is now with AMP, Crossrope is using data to serve a personalized workout experience so you can self direct your intensity level and track your progress with personalized stats
5. **Ropeless attachments** - and get this, if you don't have a lot of space to jump or you're a bit intimidated by the weighted ropes, Crossrope also offers these cool Ropeless attachments you can clip into your handles. These are great if you've got low ceilings or if you don't want to make a lot of noise. They also pair with AMP so you can still get the same engaging workout experience

Read more about AMP 2.0 here: <https://www.crossrope.com/blogs/blog/announcing-amp-2-0/>