

T-shirt Jump Rope



Ingredients for T-shirt Jump Rope:

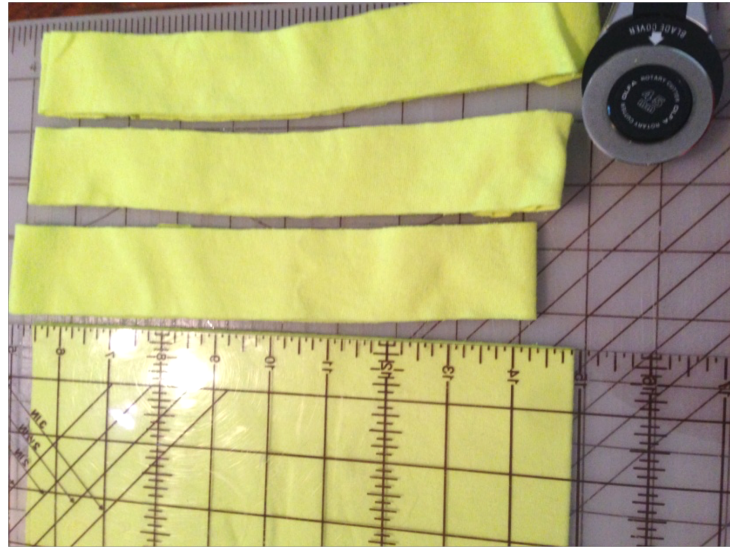
- 3-5 Adult sized t-shirts



Cutting Instructions:

1. Fold t-shirt in half, matching sleeve to sleeve.
2. Lay t-shirt on flat surface and smooth out.
3. Cut off bottom hem with scissors.

4. Cut t-shirts in strips 1 1/2 inches, starting from hem that was cut off up to sleeves.



5. Discard cut off hem and upper half of shirt.
6. Repeat with rest of shirts.

Jump Rope Assembly Instructions:

1. Tie three strips together, with the knot 3-4 inches down.
2. Braid the strips together.
3. When you get to the end of a strip, loop another one on and continue braiding.



4. Repeat until you get to 7 feet.
5. Tie a knot at the end, with 3-4 inch tails (to create the second handle)
6. Cut loops at each end of jump rope to create fringe.