

**Adrienn Banhegyi, jumping rope artist and world champion, with Students of Lleida University
Campus Cappont, Lleida University, April 7, 2025**



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Adrienn Banhegyi gave a practical seminar on jumping rope and its educational applications to students in the degree program in Primary Education.

Adrienn's expertise and motivation inspired the students to explore and extraordinarily enrich their resources for school, in a session full of passion, emotions, and with a lot of jumps.

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Thanks to Joan Mayol for the photos and videos!





Adrienn Banhegyi

Physical Education teacher from Hungary, jumping rope athlete for more than 25 years, 3 times World and 5 times European Champion, World and European Record holder, Cirque du Soleil artist; performed at Formula One (Abu Dhabi 2017), Rio de Janeiro Olympic Games (2016), Crossfit Games (2016), at New York Knicks (2017), Rio Carnival and at many other events.

Adrienn founded Jumpplus World to educate and give ideas on the creative and effective use of jumping rope!.

www.jumpplusworld.com

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