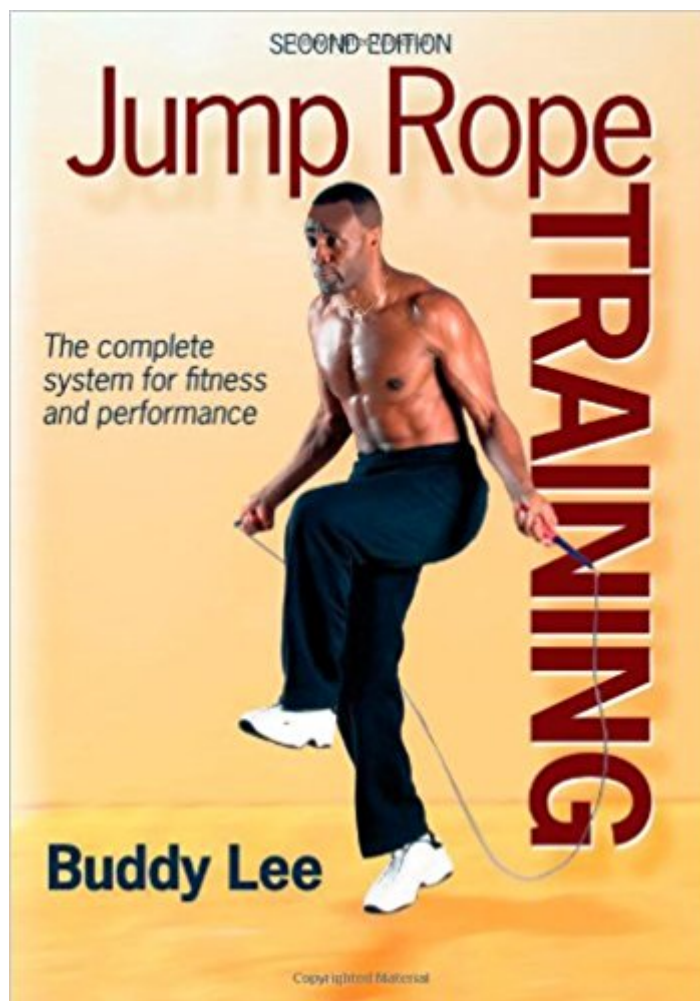


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# Jump Rope Training - 2nd Edition



## Synopsis

The world's best-selling jump rope training guide returns, and it's bigger, better, and more complete than ever! In *Jump Rope Training, Second Edition*, former U.S. wrestling champion Buddy Lee presents his jump rope training system used by over 25 U.S. Olympic teams. Workouts for a variety of sport skill and fitness components are included, such as endurance, strength and power, speed, agility, and balance. This second edition also includes the latest on rehabilitation of sport injuries and optimizing body composition for athletic performance. And, to get you started immediately, *Jump Rope Training* presents sample sport-specific training programs for more than 40 sports. If you're ready to take your workouts to the next level, turn to the system that the world's top athletes have come to rely on. *Jump Rope Training* will not only change the way you train but also change how you feel, look, and perform. It's the proven approach to improving fitness and performance.

## Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 2 edition (June 4, 2010)

Language: English

ISBN-10: 0736081593

ISBN-13: 978-0736081597

Product Dimensions: 0.5 x 6.8 x 9.8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 54 customer reviews

Best Sellers Rank: #239,028 in Books (See Top 100 in Books) #105 in **Books > Sports & Outdoors > Individual Sports > Wrestling** #446 in **Books > Sports & Outdoors > Coaching > Training & Conditioning** #3368 in **Books > Health, Fitness & Dieting > Exercise & Fitness**

## Customer Reviews

"In *Jump Rope Training*, Buddy Lee will inspire you to incorporate ropes into your training program. You owe it to yourself to learn what Buddy teaches!" **David Weck** -- Inventor of the BOSU Balance Trainer

"As a cross-training tool, Buddy Lee's program is unsurpassed in developing foot speed, agility, acceleration, and explosive power. No matter what your sport, training with Buddy's system will help you make dynamic strides toward reaching the next level in your preparation." **Dan Chandler** -- Three-Time Olympic Wrestler, Two-Time Coach of U.S. Olympic Wrestling Team

"Buddy Lee's *Jump Rope*

Training is more than an exercise program that helps increase speed, agility, strength, balance, power, and endurance. It is a comprehensive training system allowing athletes and fitness enthusiasts to take their workouts to the next level. • Maureen Hagan -- Physiotherapist, VP of Operations GoodLife Fitness, Director of Education Can-Fit-Pro • “Buddy Lee has created an amazing jump rope system. I recommend Jump Rope Training to all my clients and patients.” • Dr. Emily Splichal, DPM, MPH, CPT -- NASM Certified Personal Trainer, ACSM Certified Exercise Specialist

Buddy Lee is known as one of the world’s top experts in jump rope conditioning. He has earned a worldwide reputation with his incredible jump rope skills, putting on 6,000 shows in 50 countries and appearing in TV commercials and talk shows. He has also appeared on CNN Headline News and in Business Week and Parade magazines. Lee is the president and CEO of Jump Rope Tech Technology, Inc., the leading expert in the field of jump rope training for improved sport performance. He is the co-inventor and patent holder of Buddy Lee Speed Ropes, the ropes used by U.S. Olympic athletes. A retired U.S. Marine and U.S. Olympian in wrestling, Buddy now consults with strength and conditioning coaches worldwide as well as elite athletes from various disciplines. Many fitness organizations, such as CrossFit, TRX, KettleBell, HopSports, and MMA, have integrated Buddy Lee’s program into their systems. He lives in Richmond, Virginia. To learn more about Buddy Lee and his training programs, visit [www.buddyleejumropes.com](http://www.buddyleejumropes.com).

Searching for a book to provide me a variety of jump rope routines, this was a purchase well worth it. As one reviewer has pointed out, yes the prefix does detail Buddy’s background, but what person doesn’t solidify their expertise in a subject? Reading his accomplishments, I was highly impressed. It doesn’t ‘border on self-aggrandizement and self-promotion’. If anything, it lets me know Buddy isn’t blowing smoke. He’s the real deal. From mastering the skills of jumping to increasing your aerobic capacity to specific workouts targeted to your chosen sport or if you just desire to lose weight, this book contains it all. And, as Buddy states on page 9, combining these workouts with a proper diet and rest will produce a noticeable outcome in a very short period of time. Remember, the proper nutrition is part of it. Working out does not give you the entitlement to eat whatever you want, and as much as you want. This book is an easy read, yet very well detailed and prepared to take your fitness goals beyond their current levels. The only thing missing is the commitment from you. Make this book and its techniques part of you. The end result of a better body, a better conditioned body is worth the purchase and the effort.

Very informative. Once he gets through the basics, the primary focus of the book is jumping rope to supplement sports training. I have been jumping rope regularly for two months, and I keep coming back to this book whenever I plateau. I truly believe If you follow his advice and suggested progression of difficulty, there is no way you can't get better and better at jumping.

This is an excellent introduction to jump roping by a well-versed author. The book is easy to read and lets you dive in pretty quickly. I also highly recommend Buddy Lee's speed rope as it makes **ALL THE DIFFERENCE IN THE WORLD** in your jump rope ability. I was horrible with my regular home jump rope and the minute I tried his, I was able to do many of the jumps in the book, right on my first try. I highly recommend this book if you're interested in starting to jump rope for fitness or athletic development!

If you are remotely interested in using jump rope for exercise you should read this book. Not only does it exhaustively prove to you that jumping rope has an enormous amount of health and sports conditioning benefits, it also details a step-by-step program that will lead you in maximizing your training benefits. I injured both of my ankles badly in the last couple of years. Following Buddy's program has helped me to strengthen my ankles, lose weight, and greatly increase my balance, speed, agility, and quickness. There's something for everyone in this book no matter your fitness level or sports goals! I recommend using this book with Buddy Lee's Jump Rope Training DVD and one of his jump ropes. They are a worthy investment!

Buddy Lee is the man when it comes to skipping rope. He teaches you the basic skip which is the foundation of the more complex movements. I never thought there was much to know about skipping rope.. you just grab it and jump over it right?? Wrong, there is a proper form and execution that must be followed in order to reap the incredible benefits of jump roping. Agility, speed, and coordination to name a few benefits out of the many that skipping rope will improve. There's a reason why professional boxers use jump roping as a staple in their training. And last I checked, the boxers workout is the most intense and efficient workout in the world.

Great book if you're looking to change up your jump rope routine. I started with a basic rope and did basic jumping. This adds on different things to try and also gives information on good form. Helped set goals and gives you a plan for adding on new jumps all the way through to more complex /

difficult routines.

This is a great book to develop a jump rope routine. All levels of jumping included.

Buddy Lee is amazing. You should check out his videos on you tube. This book was very helpful. I was looking to try something new. I currently lift weights, run, row and jumping rope can be quiet the workout, and it's fun!. The book is extremely well written and I like the way everything is broken down. He also has a lot of different routines in the book. I highly recommend it!

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