



## Jump Rope Training - 2nd Edition

By Buddy Lee

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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.

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*“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

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