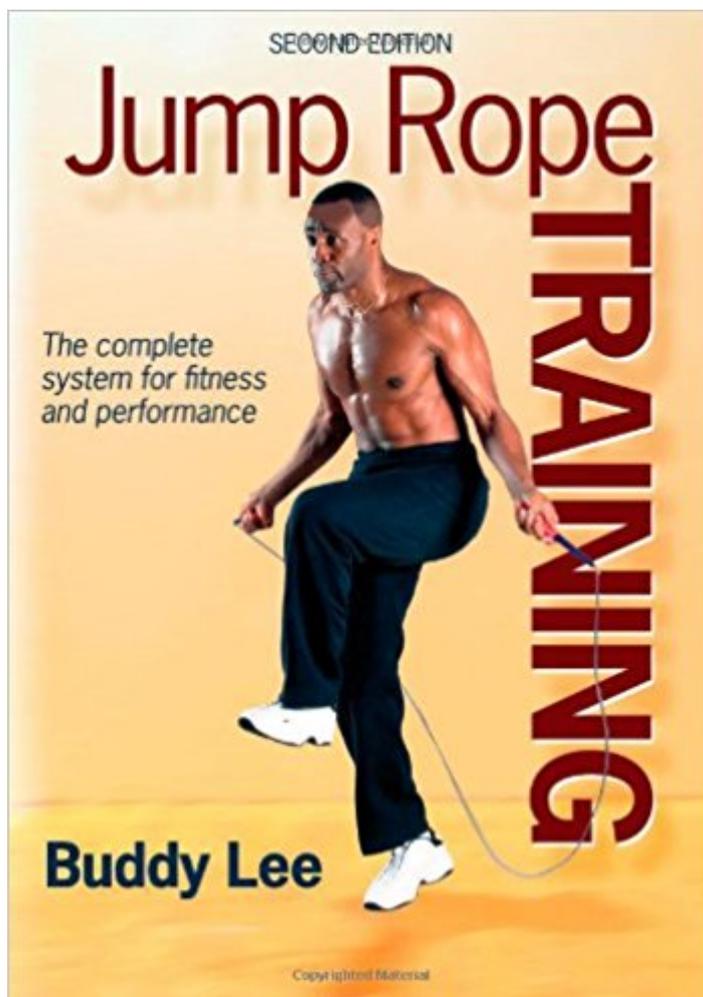


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# Jump Rope Training - 2nd Edition



## 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. [View more](#)

## Book Information

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## Customer Reviews

Jumping rope may be a popular activity on the playground, but this child's play has evolved into one of the most efficient ways to improve cardiovascular health. In the new edition of his popular book *Jump Rope Training* (Human Kinetics, June 2010), Buddy Lee explains how jump rope training offers functional exercise that can increase fitness and sport performance. Many of the greatest athletes jump rope. The famous late Bruce Lee jumped rope to develop that tremendous quickness for which he was well known. Jumping rope is an extremely good way to get fit fast. It's a cardio workout that can be done in a short time, preferably in intervals. If you want to discover the value

and the techniques of jumping rope, you'll find this book invaluable. Now, I must confess that I couldn't jump rope. I can play most any sport very well. I'm fit and love to workout. But I could not jump rope before getting this book. Moving my hands and getting my feet to obey my commands at the same time was too much multi-tasking for me. So, if you've never jumped rope before, have no fear. You too can do it. And it's a workout! I love how jumping rope using Buddy's system makes you so quick. He writes, "Quickness is best understood as reaction time. Good reaction time allows you to take advantage of split-second opportunities to act or react in order to make use of a window of opportunity and thus gain an advantage or recover from a disadvantage. My jump rope training system specifically targets quickness of the hands and feet because most athletic movements are executed by hand, foot, or, in many cases, both." He also teaches you sprint and circuit training programs, which are highly effective training methods.

Anyone into fitness training is already well aware of the excellent calorie burn that jumping rope offers. So much so that many of the top workout DVDs now have you do steps as though you are holding an invisible jump rope, and some of the Wii fitness games have you hold the controls like a jump rope. So I have the invisible jump rope moves well mastered. **\*\*grin\*\*** I decided to kick it up a notch. But I'll be honest, as someone very into workout DVDs, I had my doubts I could learn some wicked moves from a BOOK. Consider me corrected. This book is not a skinny one...at over 200 pages it's written so you master the art. The photographs of the moves are laid out in sequence so you see the movement or the rope along with your hands and feet in unison so it is really no different than watching it on tv except that you grasp it without having to rewind! Aside from the steps shown that make a workout that burns hella calories FUN, I found the first part of the book to be very important...getting the rope the perfect fit for your body, holding the rope, etc. I had had the rope ALL wrong prior and didn't know it. This was step one for me in being able to even begin mastering some fun steps. For athletes wanting to train in new ways (which I am not, I just like to max my caloric burn and strength building) this is very well written to varied sports helping the reader know how to maximize their desired skills through jump rope training...whether that be speed, coordination, agility, balance, strength, fitness...pick a sport and you'll find the author helping you to maximize what you need most in the best ways here. Simply want a new fitness routine that only costs the price of a rope and will burn calories faster than anything else you can think of?

Obviously, this book covers a very specific topic. I recommend adding jump rope to your exercise routine, especially if you are looking for some alternatives to jogging. You can get your heart rate up

in a short amount of time and, I presume, burns some calories. It will wear you out. The book covers a progression learning a variety of jumping techniques. You start with the basic jump (two feet), which was basically the only jump I was any good at before reading Buddy Lee's book. After reading the descriptions and practicing the jumps one at a time, I quickly learned how to do a variety of jumps. Jumping while crossing the rope truly adds some upper-body work, and "double-unders," or two turns of the rope for one jump, will humble you when you first try it. I think that jumping rope is more enjoyable and less monotonous since I now know a variety of jumps. I know I like detail when I read reviews, so: the book contains a lot of background information about jumping rope--selecting a rope, jumping surface, potential jump rope injuries (and avoiding such injuries), footwear, and building your stamina/jumping capacity with a logical progression. I'm assuming there is more specific info here about jumping rope than anywhere else. Note the Mr. Lee is a jump rope expert and has worked with Olympic athletes, so he seems very credible. As far as the jumping techniques, the book includes 15 basic jumps. 10 of these jumps appear in the "power" program, meaning that you do one of each jump with two turns of the rope (harder than it sounds). The "highly advanced" technique is three turns of the rope per jump...I'm not there yet. Mr.

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