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Jump Rope Training - 2nd Edition

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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