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Jump Rope Training by Buddy Lee, Paperback | Barnes & Noble®

ONLINE COURSE Drawing from his text Jump Rope Training, Second Edition, Lee presents his jump rope training system used by more than 25 U.S. Olympic teams, mixed martial artists, and CrossFitters around the world.

Buddy Lee's Jump Rope Training Fundamentals Online Course ...

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Jump Rope Training Kindle Edition - amazon.com

This is an excerpt from Jump Rope Training-2nd Edition by Buddy Lee. Biomechanics of Rope Jumping Rope jumping involves three phases in each jump—load phase, flight phase, and landing phase—and you will perform each of these phases hundreds of times during each jumping session.

Learn three phases of rope jumping - Human Kinetics

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With the right rope in hand, we discussed the importance of sizing and explored the fundamental jump rope techniques you must learn - primarily hand positioning and proper bounding. We also covered the first jump rope exercise you need to master: the basic jump. We finally finished things off by digging into your first jump rope workout.

Learn How to Jump Rope: The Complete Beginner's Guide ...

How It Works. If you haven't picked up a jump rope since your school days, you're in for a surprise. Jumping rope packs the same intensity as an 8-minute-mile run or a 20-mile-per-hour bike ride.

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