

# Contents

Preface vi

<b>PART I: JUMP ROPE TRAINING PROGRESSION</b>	<b>1</b>
<b>1</b> Introducing the Buddy Lee System	<b>3</b>
<b>2</b> Get Ready to Jump	<b>19</b>
<b>3</b> Step 1: Base Phase— Master the Basic Techniques	<b>37</b>
<b>4</b> Step 2: Conditioning Phase— Develop Jump Skills and Endurance	<b>51</b>
<b>5</b> Step 3: Sports Training Phase— Add Anaerobic Intensity	<b>87</b>
<b>PART II: JUMP ROPE TRAINING PROGRAMS</b>	<b>99</b>
<b>6</b> Build Endurance	<b>101</b>
<b>7</b> Increase Speed and Quickness	<b>112</b>
<b>8</b> Gain Strength and Power	<b>125</b>
<b>9</b> Improve Agility, Rhythm, Balance, and Coordination	<b>144</b>
<b>10</b> Condition for Specific Sports and Fitness Goals	<b>157</b>

<b>PART III: SUPPLEMENTAL USES FOR JUMP ROPE TRAINING</b>	<b>183</b>
<b>11 Warm-Up, Cool-Down, and Active Rest</b>	<b>185</b>
<b>12 Injury Prevention and Rehabilitation</b>	<b>198</b>
<b>13 Weight Loss for Athletic Goals</b>	<b>206</b>

About the Author 216