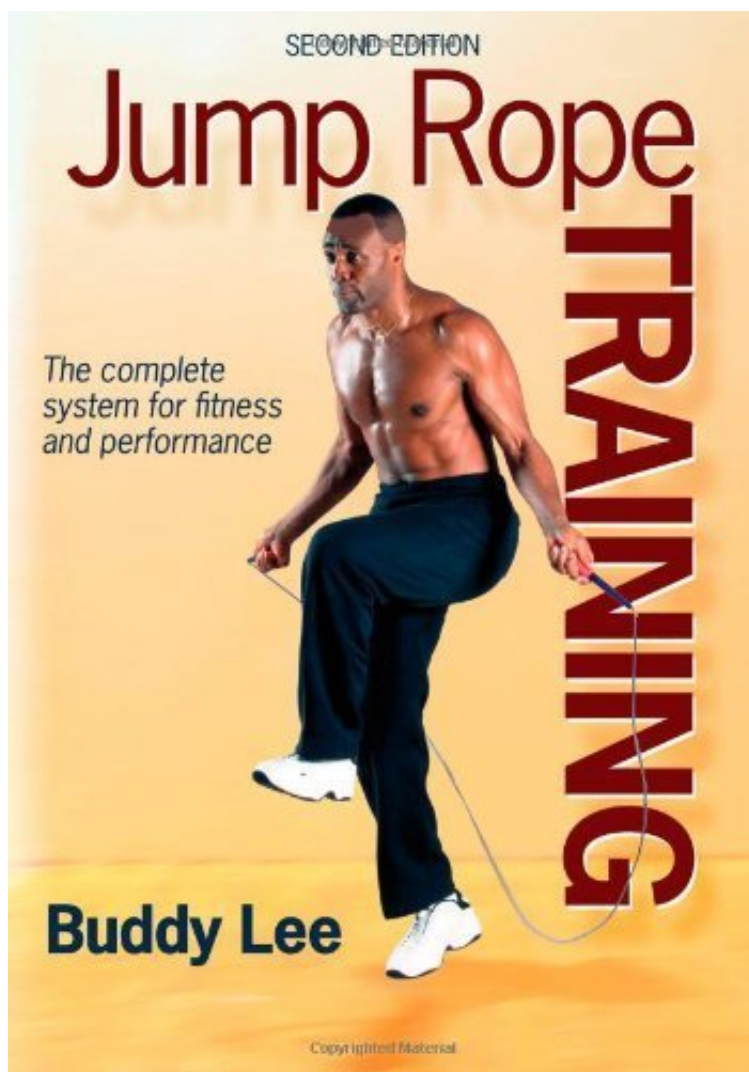


(Read free ebook) File size: 22.Mb

# Jump Rope Training - 2nd Edition



*Par Buddy Lee*  
audiobook / \*ebooks / Download PDF  
/ ePub / DOC

Dtails sur le produit Rang parmi les ventes : #197291 dans eBooksPubli le: 2010-06-04Sorti le: 2010-06-04Format: Ebook Kindle

(Read free ebook) Jump Rope Training - 2nd Edition

**Par Buddy Lee : Jump Rope Training - 2nd Edition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Jump Rope Training - 2nd Edition:

Download

Read Online

## Description :

Prsentation de l'diteur The worlds best-selling jump rope training guide returns, and its 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 youre ready to take your workouts to the next level, turn to the system that the worlds 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. Its the proven approach to improving fitness and performance. Prsentation de l'diteur The worlds best-selling jump rope training guide

returns, and its 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.