



JUMP ROPE TRAINING FOR ATHLETIC PERFORMANCE

Jumping rope is not just a kid's leisure activity anymore. It can burn up to 1000 calories per hour, making it one of the most efficient workouts possible. Jumping rope will tone muscles throughout your entire body and helps in the development of long, lean muscles in all major muscle groups, both upper and lower.

When employed as a consistent part of your training program it can help develop your overall athleticism and improve your performance on the field or court no matter what sport you play.

Utilizing a training program such as Buddy Lee's Hyperformance Jump Rope provides the following benefits:

- Increases in your anaerobic capacity.
- Increase in joint strength including the wrists, ankles, knees and shoulders.
- Increase in muscle strength specifically in the calves and quads and even in the back, chest and shoulders.
- Increase in grip strength (Which is great for ball, racquet, stick and bat control).
- Improved posture (Which is extremely important for maintaining the universal "athletic position")
- Improvements in vertical leap, lateral quickness and start speed

Hyperformance Jump Rope is performed in short bursts and at high intensity with rope speeds as high as 200 RPM (revolutions per minute) or more. The workout targets your anaerobic energy system (meaning your heart rate is between 85% - 95% of your maximum heart rate). It is also instrumental in the development of your fast twitch muscle fibers (which are used for quick and explosive, athletic movements).

An intense training program should only be executed after you have mastered the basic skills involved with jumping rope, established your personal jump rope capacity, and a training baseline.

You can go to www.jumpropeinstitute.com for more details and to find training programs suitable for you.

Source: www.jumpropeinstitute.com