CONTENTS

Preface ix	
Acknowledgments xvii	
GHAPTER	
Get a Jump on Training	I
CHAPTER 2	
Master Jump Rope Skills	13
Giaria 3	
Use Proven Rope Training	37
Methods	
Build an Aerobic Base for Endurance	57
Liiddidide	
Foldish Annahia Bassas	42
Establish Anaerobic Power	03

CHAPTER 6) Train and Compete to the Max	69
CHAPTER 7 Jump Rope to Warm Up and Cool Down	75
CHAPTER 8) Gain Speed and Quickness	91
CHAPTER 9 Develop Agility, Coordination, and Balance	103
GHAPTER (0) Boost Strength and Power	111
CHAPTER II) Condition for Specific Sports and Fitness Goals	127

Bibliography 149
Index 151
About the Author 157