

Hyperperformance Jump Rope System for the Skating Edge

By Buddy Lee, Olympian Wrestler and Master Jump Rope Trainer. Formoreinformationseewww.buddyleejumropes.com

In 1997 my Hyperperformance jump rope training system was implemented into the framework of Team USA Camps. Today it is the number one recommended dry land conditioning technique for all level skaters and has contributed significantly to the overall success of many skating champions.

Hyperperformance rope jumping is performed in short bursts and at high intensity rope speeds to produce competitive advantages in speed, quickness, agility, balance, coordination, explosiveness, endurance and concentration, while increasing leg, knee, ankle and foot strength.

The jump rope is simple, inexpensive and portable and produces great fitness benefits in a short time period. According to research ten minutes of jumping, produces the same cardiovascular benefits as 30 minutes of jogging or skating.

Olympic Coach Audrey Wiesiger, and coach of 2X Olympian Michael Weiss, says rope jumping helps develop refinement of key movements in her junior skaters. Junior Champion Felicia Beck credits Hyperperformance rope jumping and what she calls the "Rope to Success", to helping her land 5 triples in each training session, while World Ice Dance Champion Justin Pekarek's swears his "agility went through the roof. Whether you are a recreational or competitive skater the jump rope can improve your skating performance and become your best training partner, too.

Let's Get Ready to Jump!!

Surface

I recommend these Hyperperformance surfaces because they provide rebound for the take off phase and sufficient absorption for the landing phase of each jump.

- Wooden floor
- Rubberized surface
- Sport court

They generate quick rebounds and help develop speed, quickness and

explosive power. Always avoid jumping on concrete, as it will increase risks of lower body injuries.

Foot wears

Choose a pair of cross trainer shoes with ample forefoot padding because jumping rope requires bouncing and balancing body weight on balls effect.

Choose A Hyperperformance Rope

The right equipment combined with a good program makes all the difference in receiving the maximum benefits for skating. Train with a Hyperperformance rope that allows you to best simulate the speed, agility and explosiveness required of skating. A Hyperperformance speed rope is designed specifically for both young and mature athletes at the proper weight and thickness to maximize the ropes aerodynamic properties. Hyperperformance speed ropes can comfortably run at 180-300 RPM (revolutions per minute) for maximum training value.

Rope Measurement

A rope adjusted at shoulder height will clear the head by at least 10 inches during the execution of basic jump rope movements. As athletes become more proficient, the length of the rope can be reduced so that it clears the head by three to six inches during high intensity jump rope training sessions.



1. Stand on center of rope with one foot.
2. Pull handles along the side body until tip of the handles extend to shoulders.

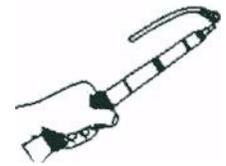
Starting Position

Feet shoulder width apart, body weight gently balanced on balls of feet. With rope resting behind calves, swing it around to form an even arc.

Learn The Skill of Jumping

You must master the two basic skills before learning the other sports training techniques. Practice the Basic Bounce and Alternate Foot Step 10-15 min. twice daily. Remember, focus is on the skill not speed. Stretch after each session, calves especially!

Proper Hand Grip



1. Grip handle with thumb and index finger on neoprene.
2. Wrap hand around handle.
3. Keep a comfortable but firm grip.
4. Make small circles with wrists

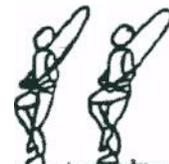
Correct Jump Rope Form

- Look straight ahead to maintain balance.
- Keep body up right and balanced with the weight on the balls of the feet.
- Jump only high enough to clear the rope (1 inch off the ground).
- Land lightly on balls of your feet
- Elbows close to sides at a 45-degree angle.
- Never sacrifice good jumping form for speed!!!



- I. Jump with feet (together)

Alternate Foot Step



Basic Bounce Step

1. Swing rope around and jump over it with one foot. Now, swing rope around again and jump over it with the alternate foot.
2. Continue alternating feet (lifting knees