

Anthony “Buddy” Lee will be the featured guest speaker at the 2018 Virginia Commonwealth Games at Liberty University.

Buddy Lee is a United States Olympian in Greco-Roman Wrestling, and has won titles in three styles of wrestling, to include Freestyle, Greco-Roman and Sombo. He is a 6-time World Military Champion, 13-time World Medalist, 20-time USA & Armed Forces National Champion, and was voted Twice Best US Marine Athlete of the Year. Lee was a 1996 US Olympic Torch Bearer and has also been inducted into the National Wrestling Hall of Fame, Hampton Roads African American Sports Hall of Fame and the Old Dominion



University Hall of Fame. Yet these accolades are just the platform to what he truly excels at. Buddy has fashioned a global reputation with his astonishing jump rope skills and incredible training system. Because jump rope was the key to his success in developing into an Olympic Wrestler, Buddy created a revolutionary jump rope system that develops superior fitness and improves sports performance while helping manage weight.

Buddy is the president and founder of Jump Rope Technology, Inc. and the Jump Rope Institute. They have combined science and technology to redefine the jump rope for the modern century. Buddy is the author of the best-selling Jump Rope Training guide and the inventor of the world’s best and patented swivel bearing Speed Ropes, used by anyone from U.S. Olympians and Professional Athletes, the US Government and Professional Fitness Models. As the former Jump Rope Conditioning Consultant to the U.S. Olympic Committee he trained over 25 Olympic sports teams with his Hyperformance Jump Rope System and Speed Ropes.

Lee is an international motivational speaker and was the Spokesperson for the United States Army Get Fit and Be Strong Program for military children around the world, which was also in collaboration with First Lady Michelle Obama’s Let’s Move Initiative. He was also an Ambassador of Fitness to the U.S. Olympic Committee and the Boys and Girls Clubs of America. Recently he was appointed the CrossFit Jump Rope Subject Matter Expert and his jump ropes are co-branded with 9Round Fitness around the world.

Rope to Success™ with Buddy Lee