



Staying Active During COVID-19 with Buddy Lee

By: Chris Moody, Contributor to Virginia Amateur Sports

Rope to Success® with Buddy Lee

Staying active in the era of Covid-19, with closed gyms and social distancing mandated, can be a challenge. Maintaining fitness at home, however, can be achieved with the right exercise and a minimum of equipment, says Buddy Lee, who was the keynote speaker for the 2018 Commonwealth Games. His one key element to the ideal workout – a jump rope. As the world’s leading Jump Rope Training Expert and background as an Olympic athlete and motivator, Lee says , has

“Jumping can be done anytime anywhere. When you follow my system it will transform your life and help you kick that Covid 19s’ ass,”

Jumping rope provides a workout that is better than anything you can do outside of a gym.

“It’s endorsed by the American Heart Association as the No. 1 exercise,” Lee said. “Jumping rope works the heart, the left and right side of the brain and every muscle from head to toe. It improves balance, coordination, reflexes and bone density.”

It’s intense, too.

“Jumping rope for 10 minutes gives you the same cardiovascular workout as 30 minutes of jogging; two sets of tennis; 18 holes of golf,” Lee says.

Don’t be fooled, though. Jumping rope for 10 minutes is harder than it sounds. He said it takes training to reach that point.

Lee knows of which he speaks, being the Official CrossFit Preferred Jump Rope Course Provider, 9Round Fitness and TRX Official Jump Rope and Consultant, as well as having trained many US Olympic and Professional Athletes, MMA and the US Government. . r. He has authored books, created workouts and invented specialty ropes to help get more people into jumping rope. He has a successful, multinational business focused entirely on jumping rope, but there’s more to his mission than selling ropes and books.

“I’ve never really been into pushing my products,” Lee says. “I’ve never spent a dollar on advertising or marketing. I sell people the recipe into being successful; the recipe of taking care of yourself and being fit with one of the greatest exercises they can do. What I do for people is educate them on what makes this exercise the greatest exercise on the planet and how other athletes around the world has made this an important part of their training and how their success is because of that. I teach them the fundamentals, how to do it the right way to get these amazing health benefits. Put the right type of equipment in their hands and then the product sells itself.”

Lee has an impressive list of awards and championships, to include becoming a U.S. Olympic wrestler in 1992 and an alternate in 1988. He was a two-time NCAA All-American at ODU and voted three-time male athlete of the year. As a US Marine he won three world military titles and 20 national championships and was voted two-time Marine Athlete of the Year. He was also inducted into the National Wrestling Hall of Fame. The list goes on.

A good portion of the credit for all that success goes to jumping rope.

Growing up in Central Gardens in Highland Springs as one of six children, he had to make the right choices at an early age to achieve his goals. Lee noticed his neighbor, Herbert Rainey, Jr., jumping rope as a method of training for martial arts. Rainey was known as the “Black Bruce Lee” of the neighborhood. Lee asked to learn to jump rope and Rainey taught him, noting the importance of being light on your feet.

From there, Lee used a jump rope as an integral part of training for wrestling, warming up before matches with an intense workout to get his heart rate elevated for the start, using that advantage to get an early pin. “I wanted to get my heart rate up so I could win in the first minute,” Lee says.

As Highland Springs High School’s first state champion he lost only two matches his last three years of high school, Lee had 15 scholarship offers.

After ODU he qualified for the All Marine National Wrestling Team and began training as a world class athlete 10 to 12 hours a day, including three hours of jumping rope. He got so well known for his skill with the rope that a fellow Olympic team member convinced him to take part in a dance contest with his jump rope in 1986. After winning the contest, the club hosting the contest alerted the media about the Lee, a rope jumping sensation.

ABC news did a piece and the attention, unsought as it was, brought offers from all over the world to tell his story and advocate for jumping rope.

“I learned how to tell my story with this jump rope around the world, my life and my journey, all the things it taught me,” Lee says. “I want to teach kids commitment and focus, what it means to believe in yourself, to have determination and to fight with everything you’ve got to make your dream come true.”

With the pandemic in full effect, Lee’s message of motivation and perseverance is needed. The fact he can offer a solution to the problems of fitness in a time of social distancing and shuttered gyms makes the message perfect for our time.

1. www.buddyleejumpropes.com (20% Discount Code - jump4life)
2. Online Course: Buddy Lee Level 1 Accredited Course that allows people to become certified online <https://buddyleejumpropes.com/online-course-lv-1/>
3. Online Training Guide: Buddy Lee 3 Steps to Master singles, doubles triples <https://buddyleejumpropes.com/product/buddy-lees-jump-rope-guide/>
4. Buddy Lee Instagram <https://www.instagram.com/buddyleejumpropes/>
5. YouTube : <https://www.youtube.com/channel/UCogVXNy9OejP1SWRvKFUdsw>