

BATTLE ROPE WORKOUT



INFO

HOW TO CREATE A WORKOUT

1. Select 3-4 Exercises
2. Perform as many reps as possible during the selected time
3. Use the allotted rest time to recover & breathe before going again

TRAINING GOAL

REPS	SETS	REST BETWEEN SETS
60 sec	4-6	30 seconds
40 sec	3-4	20 seconds
30 sec	2-3	20 seconds

GRIPS

OVERHAND



HANDSHAKE



ALTERNATING ARM WAVES



DOUBLE ARM WAVES



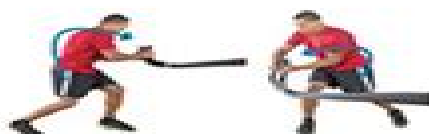
CLAPPING



SIDE TO SIDE



ALTERNATING CIRCLES



HIP TO HIP TOSS



FIGURE 8 CIRCLES



ULTIMATE WARRIOR



JUMPING JACKS



DOUBLE ARM SLAM WITH JUMP



UPPER CUT

Heavy Rope Training Manuals

Sir James Cantlie



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