

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

Rope Pattern



DOUBLE ARM WAVES

Rope Pattern



CLAPPING

Rope Pattern



SIDE TO SIDE

Rope Pattern



ALTERNATING CIRCLES

Rope pattern



HIP TO HIP TOSS



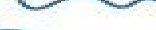
FIGURE 8 CIRCLES

Rope Pattern



ULTIMATE WARRIOR

Rope Pattern



JUMPING JACKS



DOUBLE ARM SLAM WITH JUMP



UPPER CUT

Heavy Rope Training Manuals

David Kirk



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