

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



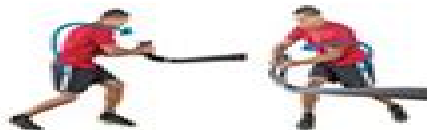
CLAPPING



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

Tobias Bleicker



Heavy Rope Training Manuals:

Heavy Rope Training Manuals Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Heavy Rope Training Manuals**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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