

Why use a battle rope?

Cardiovascular conditioning and muscular endurance:

Sustained steady state efforts develop cardio and muscular endurance with an upper body emphasis. Especially valuable when recovering from a lower body injury or to enable lower body recovery while still training

Anaerobic conditioning:

Battle ropes are an exceptional tool for high intensity efforts at or above threshold such as these high tempo double arm waves. The ropes provide a perfect balance of resistance and speed to enable very high levels of work

Power

"Exercises like these full length slams are fantastic for power production especially in Hinge based movements. They have the added benefit of providing real time performance feedback in every rep as we watch the size, speed and distance of the wave"

Integrated core training:

The rope demands exceptional core stability in all movements and specifically those like these Figure 8s. Contralateral, Diagonal or rotational patterns are especially good at targeting the core

Functional athletic training:

High level of coordination, athletic footwork pattern possibilities, resisting and generating force while moving

Overall shoulder health:

Tremendous functional rotator cuff training as well as integration of all of the muscles of the shoulder and shoulder girdle under relatively light load in a close range of motion. It's like bulletproofing for the shoulders

About Your Rope Diameter, Length, Anchoring

Key Training Variables

1) Wave Quality Variables:

- Wave Shape (clean, upright)
- Wave Symmetry

2) Wave Performance Variables:

- Wave Speed
- Wave Distance
- Wave Frequency
- Wave Amplitude (Size)

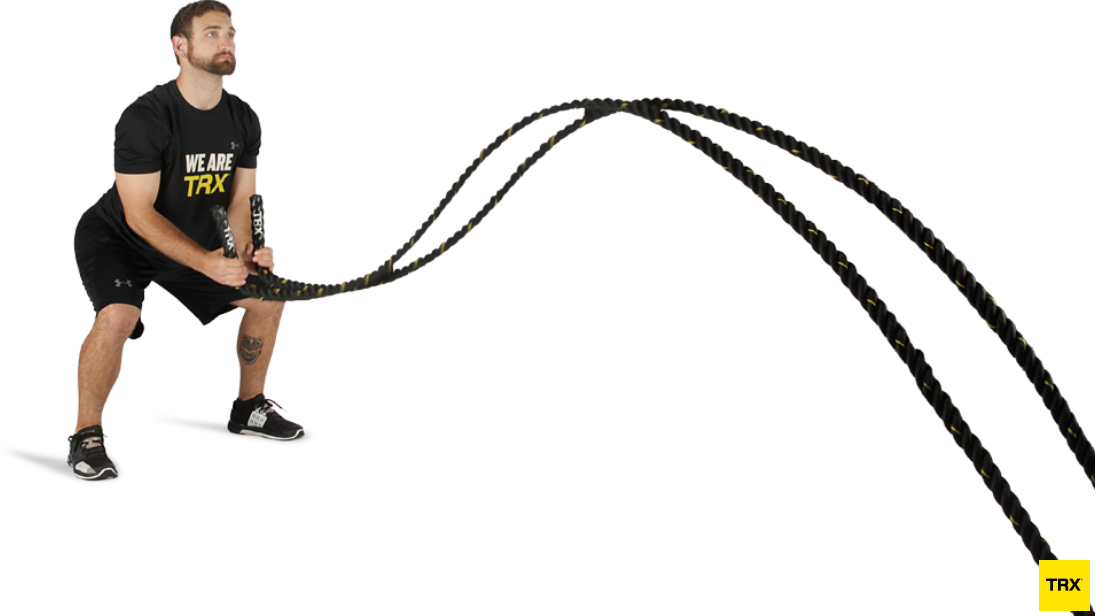


What To Do with a Battle Rope?

1. Bilateral Waves
2. Alternating Waves
3. Slams
4. Diagonal Movements
5. Footwork Patterns



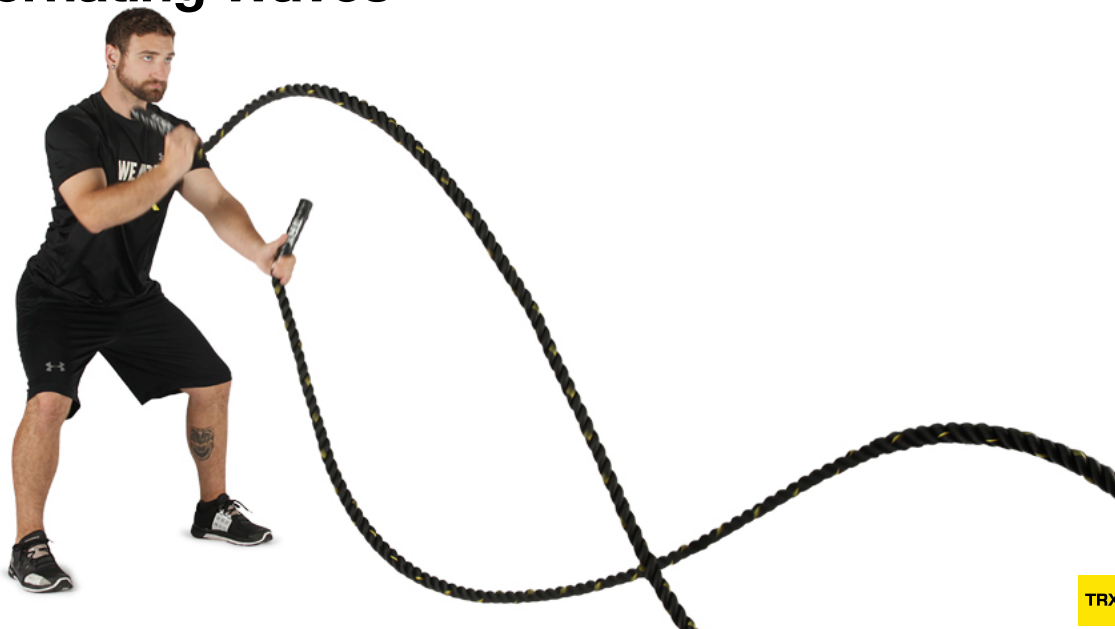
Bilateral Waves



Bilateral Waves

Exercise	Notes
Double Arm Wave	Thumb Grip, Shoulder to Hip, Hinge / Pull focus
Side to Side Wave	
In and Out (Hand Clap) Wave	
Outside Circle	
Inside Circle	
Side Facing Wave	

Alternating Waves



TRX

Alternating Waves

Exercise	Notes
Alternating Waves	Standard / Narrow / Wide / Offset / Single Leg Stances
Kneeling to Standing Waves	
Split Jack Waves	
Outside Circle Double Dutch Waves	
Inside Circle Double Dutch Waves	

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Slams



Slams

Exercise	Notes
Standard Slam	
Jump Slam	
Diagonal Slam	
Lateral Hop Slam	
Burpee Slam (1 burpee, 3 slams)	
Full Length Slam	

Diagonal Movements



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Diagonal Movements

Exercise	Notes
Shoulder to Hip Diagonal Chops	
Alternating Diagonal Chops	
Judo Hip Throw	
Figure 8s (small to high amplitude)	

TRX

Footwork Variations



Footwork Variations

Footwork Pattern	Wave Pairing
Squats (with speed play)	Bilateral Waves
Split Squats	Outside Waves
Multi-Directional Lunges	Diagonal Lunge with Diagonal Slams
Forward / Backwards Walking/Running	Alternating Waves
Side Shuffles / Carioca	Side Shuffles with In and Out (Hand Clap) Waves
Multi-Directional Hops & Jumps	Side to Side Waves
Agility Footwork Patterns	In - In, Out - Out with Inside Waves In - In, Out with Figure 8



Section 4: Battle Rope Training Challenge

Progression #	Sets	Work Time (Sec)	Rest Time
1	10	30 sec	30 sec
2	15	30 sec	30 sec
3	20	30 sec	30 sec
4	20	40 sec	20 sec
5	20	45 sec	15 sec
6	20	50 sec	10 sec
7	20	55 sec	5 sec
8	10	1 min 50 sec	10 sec
9	5	3 min 50 sec	10 sec
10	1	20 min	none

Complete the first workout.

If you are unsuccessful, repeat it until you do.

As soon as you are able to successfully complete the first workout, move to the next workout in the progression.

Repeat this process until you get to the end of the progression

TRX