Fitness Floor Basics

Learning the Ropes

**Battle Ropes:**
- Long ropes along the floor
- Attached to yellow Rig

**Benefits:**
- Cardiovascular fitness (with no lower body impact)
- Upper body strength/endurance, correcting imbalances
- Stability/Core
- Balance and coordination
- Grip Strength

**Starting position and variations:**
- Adjust resistance by altering distance from anchor (move back to decrease load)
- Narrow stance with slight hip and knee flexion
- Determine grip (overhand/underhand)

**Workout Examples:**

<table>
<thead>
<tr>
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<th>Strength Endurance</th>
<th>Cardiovascular Endurance</th>
<th>HIIT/Power</th>
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<tr>
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<td>10-120s</td>
<td>120s+</td>
<td>10-30s</td>
</tr>
<tr>
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<tr>
<td>Intervals</td>
<td>4-6</td>
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<td>6-10</td>
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**Exercise Examples:**
- Circles
- Double/Alternating waves
- Rainbows

University of Manitoba
Revill Ropes:
- Infinity ropes hanging on Rigs

Benefits:
- Cardiovascular fitness (with no lower body impact)
  - Upper body strength/endurance
  - Stability
  - Grip strength

Starting position and variations:
- Select resistance by turning dial and giving a few pulls to allow it to adjust
- Narrow stance with slight hip and knee flexion
  - Determine grip and movement (single/double handed, overhand/underhand, forward/side/back bacing)

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Exercise Examples:
- Hip level rows
- Woodchop (high-low/low-high)
- For some other ideas on different variations for the Revill rope, see the “How To Use the Revill Rope” posted in the Rig