

## 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:

	<b>Strength Endurance</b>	<b>Cardiovascular Endurance</b>	<b>HIIT/Power</b>
<b>Work</b>	10-120s	120s+	10-30s
<b>Rest</b>	10-120s	60-120s+	10-60s
<b>Intervals</b>	4-6	4-6	6-10

### Exercise Examples:

- Circles
- Double/Alternating waves
- Rainbows



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### Revill Ropes:

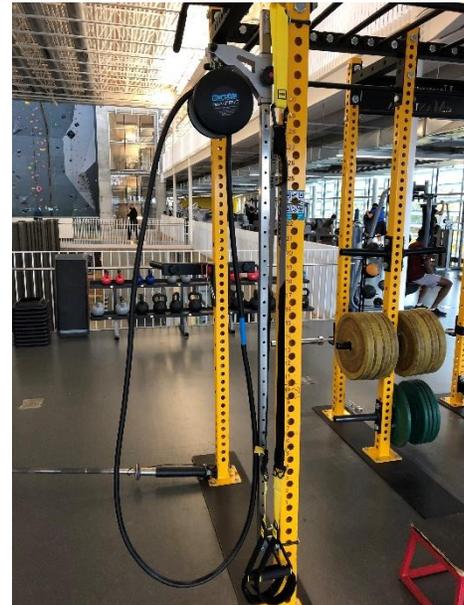
-Infinity ropes hanging on Rigs

### 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 facing)



### Workout Examples:

	<b>Strength Endurance</b>	<b>Cardiovascular Endurance</b>	<b>HIIT/Power</b>
<b>Work</b>	10-120s	120s+	10-30s
<b>Rest</b>	10-120s	60-120s+	10-60s
<b>Intervals</b>	4-6	4-6	6-10

### 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



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