

BALANCE BALL ROW



Perform alternating-arm rows, while seated on a balance ball.

LUNGE PULL



Facing the drum in lunge position (1 knee on the ground), stand straight up while using the ipsilateral/same-side arm to pull the rope toward the upper chest.

BACK EXTENSION



Standing in squat pose over drum with feet on fixed pedals, perform alternating arm rowing motion, pulling rope toward chest, while standing up straight on each pull.

UNILATERAL BICEPS CURL



Facing away from the drum, perform a neutral-grips biceps curl with 1 arm, using the other arm to feed the rope. Repeat for the other arm.

STAND OVER ROW



Standing in slight squat pose over drum with feet on fixed pedals, perform alternating arm rowing motion, pulling rope towards abdomen.

SEATED ROW



Seated on ground facing machine, perform an alternating-arm rowing motion, pulling the rope toward the chest.

BICEPS CURL



Start in a squat position facing away from the drum, with hand hanging by the side and gripping the rope. Perform a biceps curl keeping the elbow close to the body. Using the other hand to feed the rope. Repeat with the other side.

TRICEPS EXTENSION



Seated facing away from the drum, gripping the rope close to the head. Extend the arm forward.

REVERSE FLY



Gripping the rope with one hand close to the drum, extend the arm laterally while keeping the elbow straight.

This chart is our suggested beginners training sheet for the RX2000 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

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STRENGTH ENDURANCE COORDINATION SPEED

HIGH PULL



Standing straight up with arms on rope toward the drum. Move into a deep squat position while pulling both hands simultaneously toward the lower abdomen. Stand up without using the rope to do the next repetition.

STIFF ARM CLIMB



While facing the drum, perform an alternating-arm vertical climb, while keeping the elbows straight.

BICEPS ROW



Facing the drum, perform a unilateral biceps curl, keeping the elbow pointed toward the drum, while using the other hand to feed the rope. Repeat for the other arm.

BACK EXTENSION



Seated on bench, facing toward drum, perform alternating arms rowing motion, while leaning back with each pull.

VERTICAL CLIMB



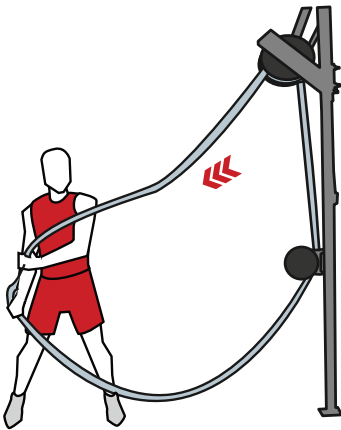
Seated on accessory bench, facing toward drum, perform alternating arms climbing motion.

STANDING BICEPS CLIMB



Standing straight, close to & facing the machine, perform alternating biceps curls, as if descending a rope, keeping the upper arms at your sides, and only bending at the elbows.

SIDE ROW



Standing with RopeFlex to your side, pull the rope with 1 hand from lateral across the chest, using the other hand to feed the rope. Repeat for other side.

STANDING ROW



Facing the drum in a squat position, perform alternating arm rows. Pulling the rope from the accessory pulley towards the chest.

INCLINE CLIMB



Perform an alternating-arm climbing motion.

This chart is our suggested beginners training sheet for the RX2100 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

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CRUNCH & ROW



With drum in the high position, lay in the built-in seat with feet on the secondary fixed pedals. Perform an alternating-arm row plus back extension, while lifting the back off of the seat to reach high on the rope.

CRUNCH



Start by kneeling on built-in seat while facing toward the drum, with both hands gripping the rope near the drum. Perform a bilateral climb motion while bending at the waist to flex the abdomen.

CHEST PRESS



Facing away from the drum in a slight squat position, perform a unilateral chest press, pushing the rope forward away from the torso. The other hand is used to feed the rope.

DIP



While standing or kneeling to one side of the machine, perform a unilateral dip motion, using the other arm to feed the rope. Repeat for the other side.

STIFF ARM CLIMB



Perform a vertical climb motion, using alternating arms, while keeping the elbows straight.

LUNGE PULL



Perform a one sided lunge, while pulling the rope towards the waist, each time moving downward. Repeat for the other side.

SEATED ROW



On built-in seat with feet on fixed pedals, perform an alternating-arm rowing motion, pulling the rope toward the chest.

CHEST PRESS



Machine in flat position, kneeling next to fixed seat, facing away from drum. Perform a unilateral chest press, using the other hand to feed the rope. Repeat for other side.

UNILATERAL ROW



Machine in flat position, kneeling on fixed seat, facing drum. Perform a rowing motion pulling the rope toward the upper chest with 1 hand, using the other hand to feed the rope. Repeat for other side.

This chart is our suggested beginners training sheet for the RX2300 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

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STANDING ROW



In a squat position, facing the machine, perform an alternating-arm, horizontal rowing motion, bringing the rope toward the chest.

SEATED CLIMB



Seated, facing the machine, perform an alternating-arm climbing motion, pulling the rope downward vertically.

DECLINE ROW



Standing bent over, facing the machine, perform an alternating-arm rowing motion, pulling the rope toward the chest.

STANDING BICEPS CLIMB



Standing straight, close to and facing the machine. Perform alternating biceps curls, as if descending a rope, keeping the upper arms at your sides, and only bending at the elbows.

UNILATERAL BICEPS CURL



With back toward the machine in a slight squat posture, perform a unilateral biceps curl, using the other hand to continuously feed the rope. Repeat for the other arm.

INCLINE CLIMB



Facing machine with legs bent, perform an alternating-arm climb motion.

SIDE ROW



Standing with Ropeflex to your side, pull the rope with 1 hand from lateral across the chest, using the other hand to feed the rope. Repeat for other side.

LATERAL CLIMB



Standing with Ropeflex to your side, perform a row/climb. Repeat for the other arm.

BOSU BALL ROW



Position for incline row, standing straight, carefully perform a row while maintaining balance.

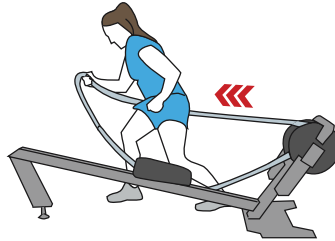
This chart is our suggested beginners training sheet for the RX2500 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

GLIDING ROW



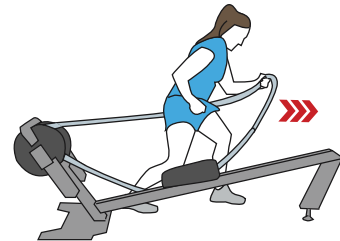
Perform an alternating-arm row, while extending the legs to slide the seat backward on each pull. Bend the legs to allow the seat to slide forward each time reaching for the rope.

BICEPS CURL



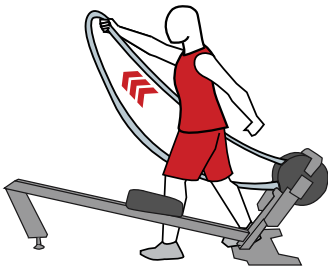
Facing away from the drum, perform a unilateral biceps curl, using the other hand to feed the rope. Repeat for the other arm.

CHEST PRESS



Facing away from the drum in a slight squat position, perform a unilateral chest press, pushing the rope forward away from the torso. The other hand is used to feed the rope.

CHEST FLEXION



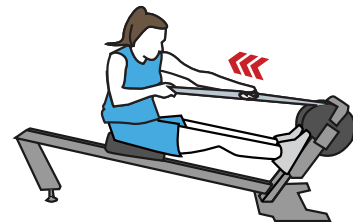
Facing away from the drum, pull the rope from your side, forward in front of face while keeping the elbow straight. Repeat for other side.

BICEPS ROW



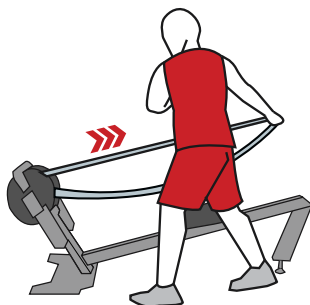
Perform an alternating biceps curl, while keeping elbows pointed towards the drum.

BACK EXTENSION



Perform an alternating arm row. Lean back with every pull. Lean forward with every reach.

REVERSE FLY



Grab the rope with one hand close to the drum, extend laterally to an abducted position, using the extend laterally to an abducted position, using the other hand to feed the rope. Repeat for the other side.

ROW



Seated on fixed seat, perform an alternating-arm rowing motion, pulling the rope toward the chest.

TRICEPS CLIMB



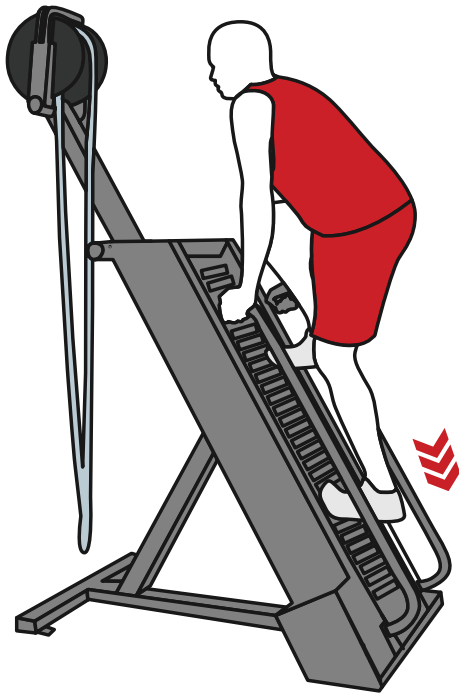
Bending towards the drum, perform Unilateral triceps extension while using the other hand to feed the rope. Repeat for the other side.

This chart is our suggested beginners training sheet for the RX3200 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

RX4400 ROPE TRAINER EXERCISE GUIDE

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CLASSIC CLIMB



While gripping the fixed handles and facing towards the drum, walk up the tread.

CLIFF ASCENT



Performing an alternating arm climb with the rope, while walking upwards on the tread.

BACKWARD CLIMB



While gripping the handles and facing away from the drum, walk up the tread backwards.

STRENGTH ENDURANCE COORDINATION SPEED

This chart is our suggested beginners training sheet for the RX4400 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

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