

15m Strength Training Rope

RRP: \$314.95

Get ready for battle! These battling ropes will take your cardio and strength training to a new level.

Bring variety and challenge to your workout training with this strongman battling rope. These battle ropes are unique in that they focus on core muscles systems because you throw your entire body into the workout - hips, shoulders and abs all get the optimum workout. The explosive movement that is expended in this strength training requires continuous energy output involving the entire body.

This strong nylon cased battle rope is capped on either end to prevent fraying. The battling rope is perfect for strength training as well as for toning and focus. A battle rope session provides a great cardio workout - it elevates your heart rate and burns calories. There is a freedom to this non-restrictive way of exercising. Your body is allowed to take the lead and move and react in a natural and organic manner. The "Tsunami Wave" is a battle rope exercise that has gained attention and popularity. There is not a more efficient way to strengthen your back, core, arms and even your hands than with a battle rope workout.

Burn calories and enhance strength with a battle rope cardio workout. You'll add freedom, challenge and variety to your workout routine.

Specifications:

- * Caps on the ends to prevent wearing
- * 10kg dead weight
- * 50ft x 1.5 inches

