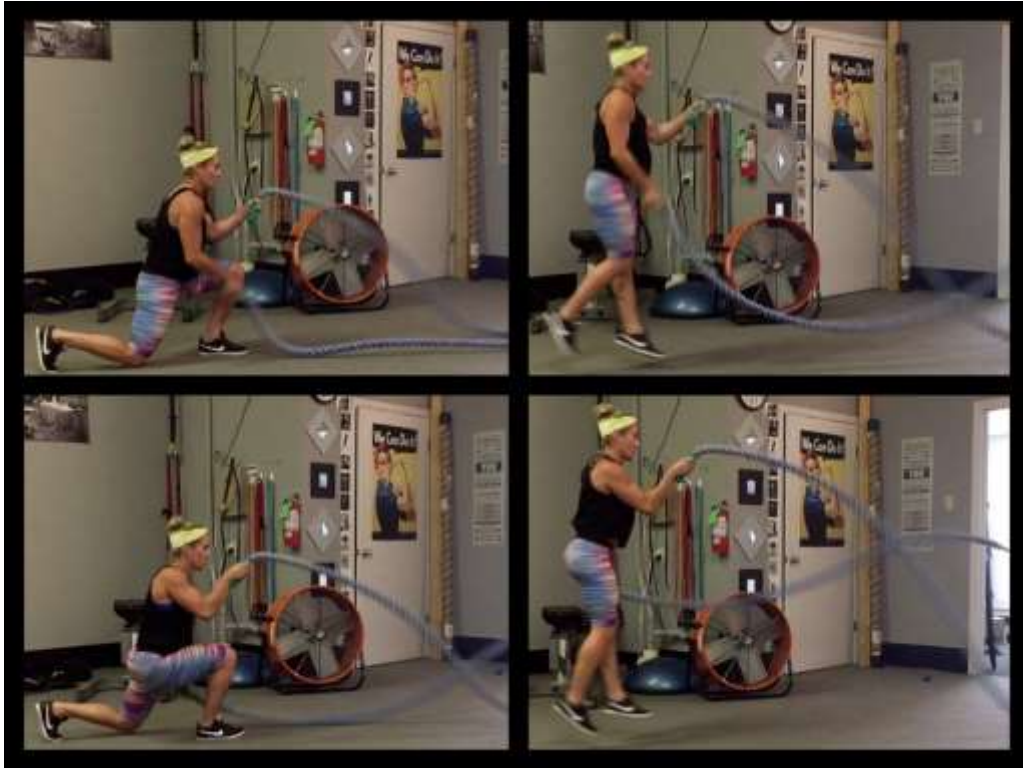


# ROPE: ALTERNATING + SPLIT SQUAT JUMP



The alternating wave pattern is one of the basic rope exercises. In explaining this exercise to clients, I like to say that it is similar to banging on some drums!

Alternating waves done while performing split squat jumps adds a plyometric element which really makes this exercise killer! The split squat jumps can be performed in an alternating manner OR on the same leg (if you are really wanting those legs to burn).

As with all undulating rope exercises, there needs to be some slack in the rope in order for it to move smoothly and provide the best training stimulus. I always tell my clients to “make pretty waves.”

In addition, the intensity of the exercise can be modified by adjusting the amplitude (height) and speed of the waves. Small waves will be easier than huge ones, and slower will be easier than fast. The beauty of rope training is that the exercise can be continued in a safe manner as a person starts to fatigue, and they can easily keep moving while decreasing the intensity.

# ROPE: ALTERNATING WAVES – TALL-KNEELING



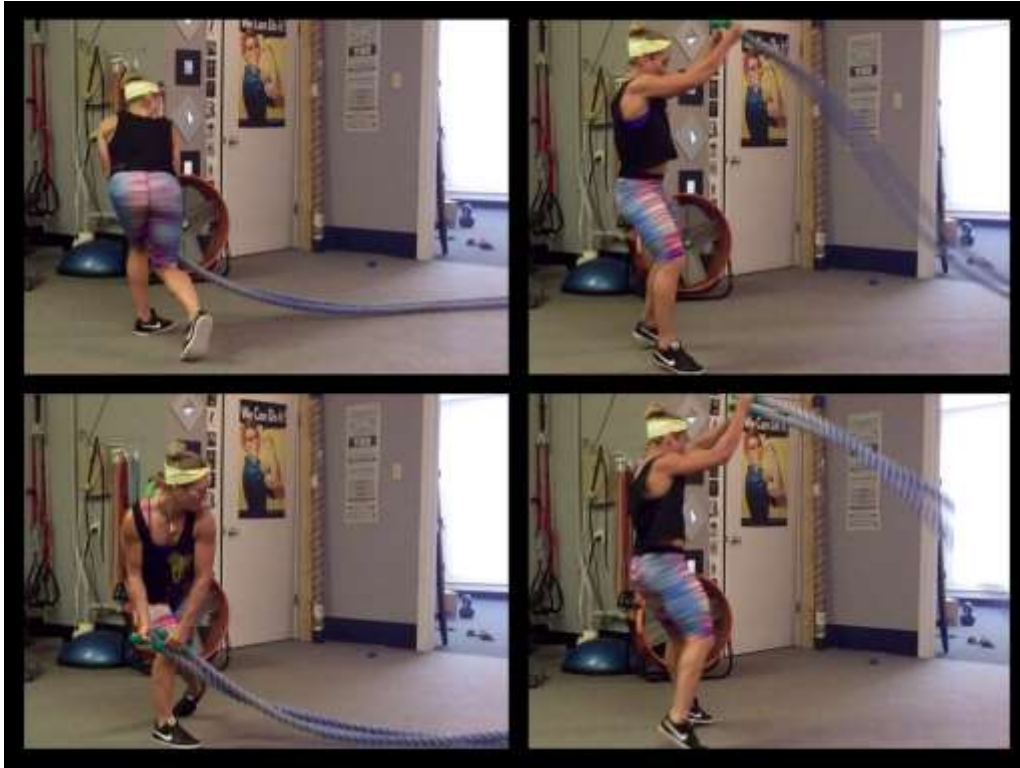
The alternating wave pattern is one of the basic rope exercises. In explaining this exercise to clients, I like to say that it is similar to banging on some drums!

Alternating waves done in tall-kneeling reduces the amount of “help” you can have from the body in performing the movement. In other words, you are required to keep the body upright and stable rather than allowing it to undulate as you make waves. This can be beneficial to those who may be having difficulty performing the movement in a standing position. In addition, this can make the movement more challenging for those who are looking for core stabilization.

As with all undulating rope exercises, there needs to be some slack in the rope in order for it to move smoothly and provide the best training stimulus. I always tell my clients to “make pretty waves.”

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# ROPE: GRAPPLER

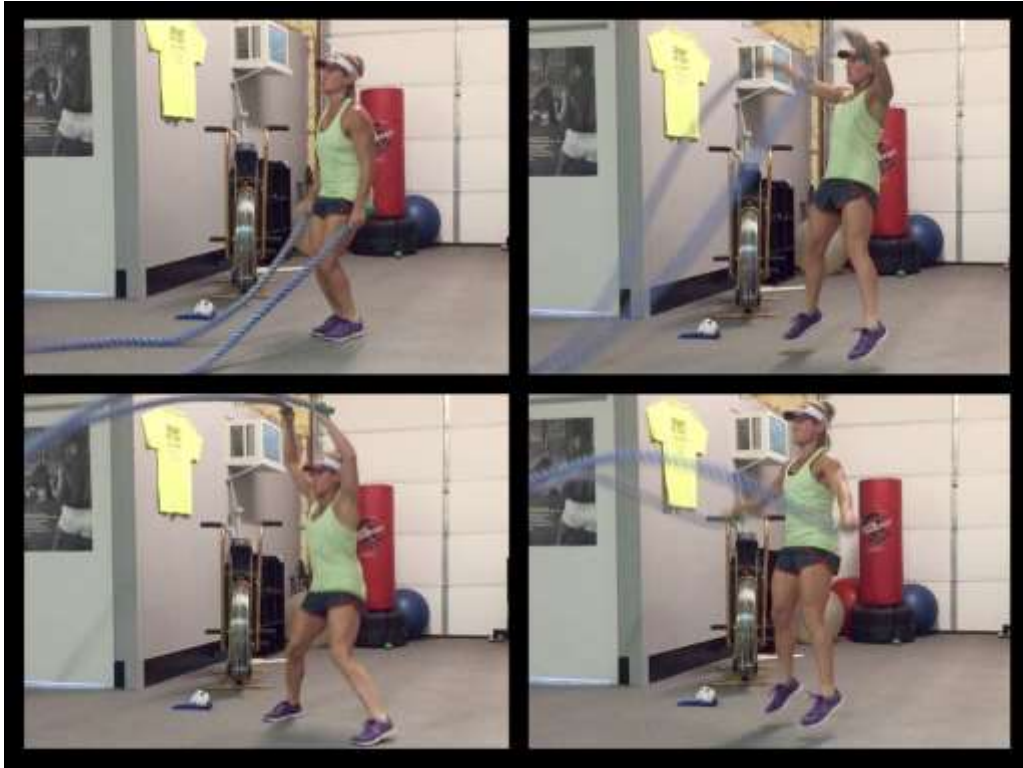


The grappler is a challenging multi-planar rope exercise that is not for the faint of heart! Essentially you are pretending you're picking someone up from the ground and then flinging them over and across to the opposite side. Yeah it's a legit move, and you are guaranteed to feel pretty tough while doing it! Furthermore, you're gonna feel pretty winded, but that's why we fling ropes around, right?

As with all rope exercises, there needs to be some slack in the rope in order for it to move smoothly and provide the best training stimulus. I always tell my clients to "make pretty waves."

In addition, the intensity of the exercise can be modified by adjusting the amplitude (height) and speed of the waves. Small waves will be easier than huge ones, and slower will be easier than fast. The beauty of rope training is that the exercise can be continued in a safe manner as a person starts to fatigue, and they can easily keep moving while decreasing the intensity.

# ROPE: JUMPING JACKS



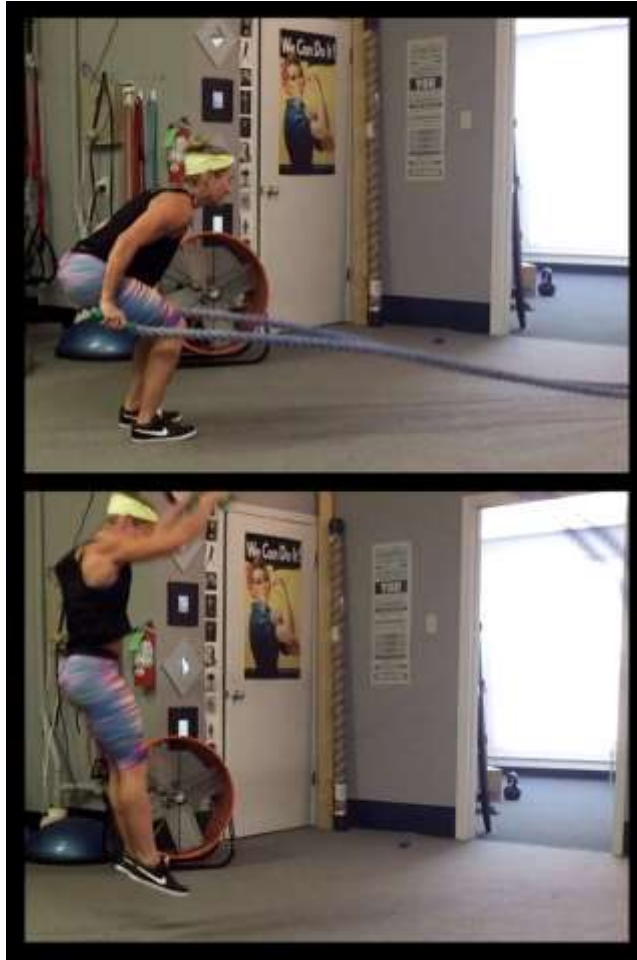
Jumping jacks are kicked up a notch by performing them with a rope!

Jump both legs apart from each other as you raise arms overhead, bringing the rope off the floor.

Land with feet apart and arms overhead, then quickly reverse the movement to bring feet towards each other and arms down.

Continue for desired reps or time.

# ROPE: JUMPING SLAM

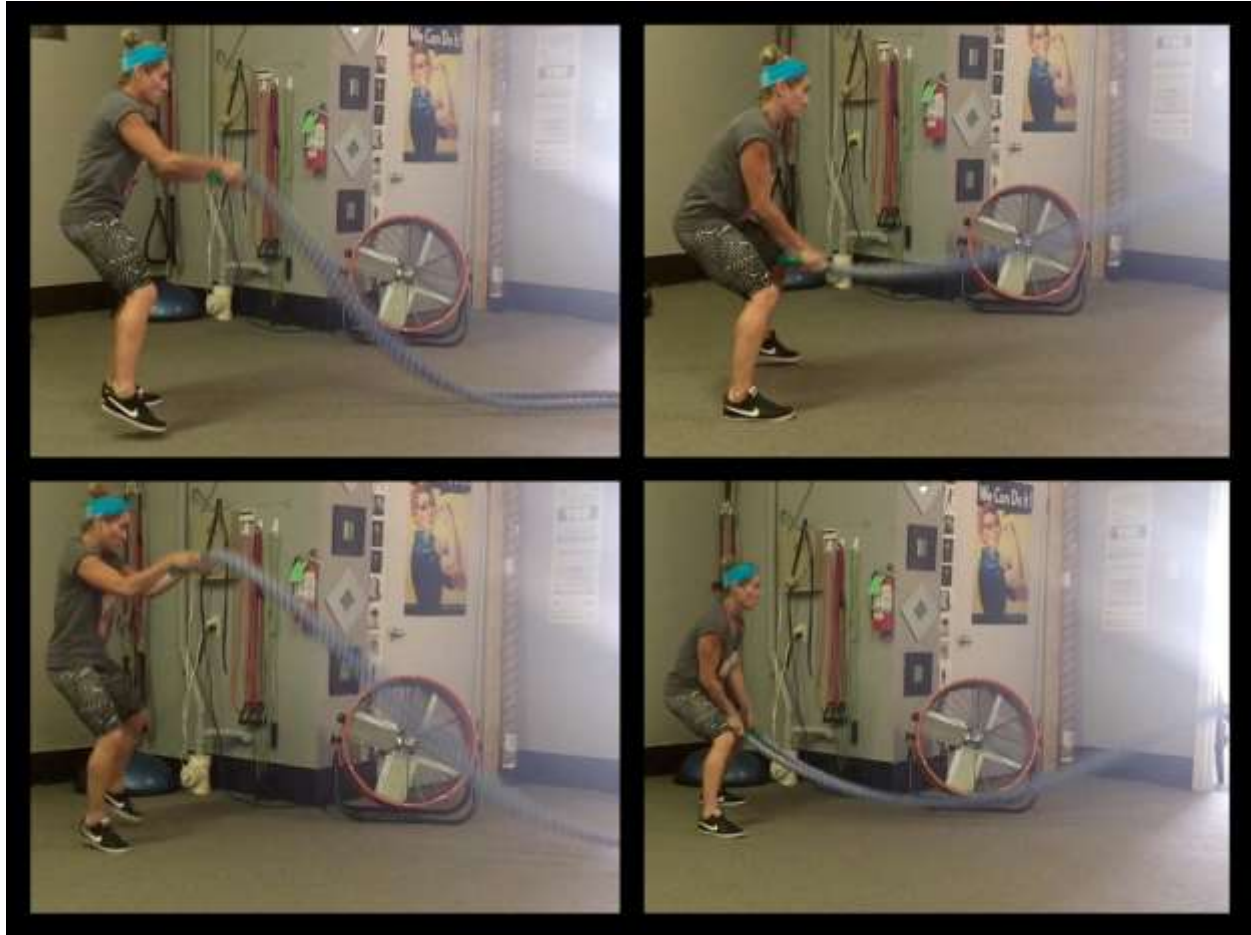


The jumping slam is a very intense exercise that is excellent when you really want to finish things off! I believe the body naturally wants to jump when rope slams are done all out.

Jump off the floor as you raise arms overhead, bringing the rope towards the ceiling. Slam the rope down aggressively as you land from the jump, descending into a quarter squat.

Continue for desired reps or time.

# ROPE: SLAM WITH LATERAL SHUFFLE



The slam is one of the most basic rope exercises. It can be made more “fun” by the addition of some lower body movement. Adding a lateral shuffle challenges the body in the frontal plane and increases the intensity of the exercise.

Smaller waves are easier and bigger waves are harder.

Begin slamming the rope at the desired amplitude and speed.  
Shuffle to the left for a few steps as you continue slamming the rope.  
Shuffle to the right, keeping the waves going, then shuffle back to the left.  
Continue in alternating fashion for desired reps or time.

# ROPE HOLD: LATERAL LUNGE



Performing a lateral lunge while holding the ends of the rope can help you perform the movement with better technique. The rope provides a counterbalance which can make it easier to sit back into the hips.

The lateral shift and lateral squat are predecessors of the lateral lunge.

Step out to the right with the right leg, keeping both feet facing straight ahead.

Sit down and back into the right hip while keeping the left leg straight.

Push off the right foot to return to starting position.

Repeat or perform to the opposite side and continue in alternating fashion for desired reps or time.

# ROPE HOLD: REVERSE LUNGE



Holding both ends of the rope while performing reverse lunges provides some assistance, therefore making the movement easier to perform with good mechanics.

Step back with the left leg and allow the left knee to bend as you descend towards the floor. In the bottom position your torso should be in line with the left thigh.

Push through the right foot to return to starting position.

Repeat or perform to the opposite side and continue in alternating fashion for desired reps or time.



# ROPE HOLD: SQUAT



Holding both ends of the rope while performing the squat provides some assistance, therefore making the movement easier to perform with good mechanics. The rope gives a counterbalance which facilitates sitting back into the squat position.

You may perform the squat to a depth that is determined by your ability. The middle picture shows a squat to parallel, while the picture on the right shows a deep squat.

Holding both ends of the rope, push your hips back and knees out as you descend into the squat.

Maintaining good alignment, pause in the squat position, then push through both feet to return to starting position.

Continue for desired reps or time.