

### 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



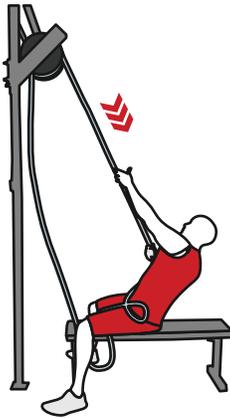
While facing the drum, perform an alternating-arm vertical climb, while keeping the elbows straight.

### 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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