

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.