

RX4400

ROPE TRAINER EXERCISE GUIDE

ROPEFLEX®

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.

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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