

RX2100

TRICEPS CLIMB



Facing toward the drum, perform a unilateral triceps extension. Use the other hand to feed the rope. Repeat for the other side.

STIFF-ARM CLIMB



Perform an alternating-arm climbing motion, while keeping the elbows straight.

ROW



Perform an alternating-arm rowing motion, while sitting up tall, keeping your posture straight with each pull.

UNILATERAL CRUNCH



Sit up tall with 1 hand gripping the rope high toward the drum. Pull the rope down toward the chest, while performing an oblique abdominal crunch. Repeat for other side.

RX2500

BACK EXTENSION



Perform an alternating-arm rowing motion, while leaning forward to grip the rope and leaning backward with each pull.

DECLINE CHEST PRESS



While facing away from the drum, grip the rope with the hand near the shoulder. Perform a unilateral bench press motion while using the other hand to feed the rope. Repeat for other side.

CRUNCH



Grip the rope with both hands high toward the drum. Bend the torso and perform a crunch motion while pulling the rope toward the feet.

ROW



While facing toward the drum, perform alternating-arm rowing motion, pulling the rope from the accessory pulley toward the chest.

RX2000

FRONT RAISE



Facing away from the drum & bending forward, reach backward with 1 hand to grip the rope close to the drum. Pull the rope forward while keeping the elbow straight & using the other hand to feed the rope. Repeat for other side.

INCLINE CHEST PRESS



While facing away from the drum, perform a unilateral bench press motion. Use the other hand to feed the rope. Repeat for other side.

DECLINE ROW



While facing toward the drum, perform alternating-arm rowing motion.

BICEPS CURL



Facing away from the drum, perform a unilateral biceps curl. Use the other hand to feed the rope. Repeat for other side.

This chart is our suggested beginners training sheet for the wheelchair accessible user before using these workout programs, consult with your physician to ensure that you are healthy enough for the exercises. 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.