



Battle Rope Workout 1

Training equipment




Battle Rope (BR)
Training mat


Duration



The workout is scheduled for 45 min.
Do as few breaks as possible to increase fat burning.


Warm-up



See also this  [video](#)


1. Fast walking or slow running
2. Mobilization exercises for feet, knee, and hip joints
3. Light strengthening exercises for the legs
4. Mobilization exercises for core and shoulder girdle
5. Light strengthening exercises for core and shoulder girdle
6. Foam rolling if necessary

Exercises




1. BR Circles
2. BR Thruster
3. Mountain Climbers
4. BR Alternating Waves with Lunges
5. Sideplank
6. BR Slams


Time line / Protocol



Time	Workout	Notes
15 min.	Warm-up, movement preparation	Warm up cardiovascular system, mobilization exercises, light strengthening and movement practice, foam rolling
20 min.	Exercises 1-6, 4 x 20 sec. each, 10 sec. pause	After completing one exercise for 4 x 20 sec. change to the next one. Keep breaks short!
10 min.	Pause	

Cool-down



Static stretching and loosening up. See  [video](#)