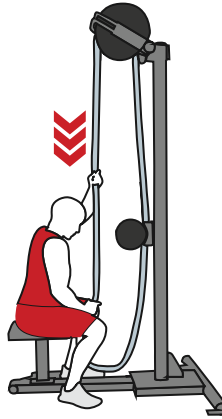


HORIZONTAL STANDING PULL



In a squated standing pose, start pulling on the rope hand over hand.

SEATED VERTICAL PULL



Sitting on seat, pull down on rope, hand over hand

BENT OVER UPWARD PULL



Standing close to the RX2500, bent over, pull the rope to yourself. The pull distance can work on different muscle groups.

STANDING UPWARD PULL



Standing close to the rope, pull the rope up to your chest.

REVERSE HORIZONTAL PULL



Your back facing the machine, hold the rope to waist height, start pulling away from your body.

BENT OVER LOWER PULL



Standing in front of the machine, extend arms out and high, grip rope and start pulling. Repeat with other arm as well.

DIAGONAL ARM PULL



Standing in front of the machine, extend arms out and high, grip rope and start pulling. Repeat with other arm as well.

SIDE BENT OVER LOWER PULL



Standing in front of the machine, extend arms out and high, grip rope and start pulling. Repeat with other arm as well.

BALANCE BALL STANDING PULL



Standing in front of the machine, and balance on bosu ball, back straight and start pulling. Be careful.

AGILITY BALANCE
ENDURANCE
POWER
SPEED
STRENGTH

This chart is our suggested beginners training sheet for the RX2500 rope trainer. These options are meant to start you off. Experiment with duration of excersises 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.