

## **Rope Training: The Next ‘Wave’ in Fitness**

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It is an exciting time in the fitness industry right now as we have seen a “renaissance” in the training methodologies and exercise tools. Of the main tools being used by the top strength and conditioning professionals and communities, “ropes” have recently surfaced as an effective tool for full body conditioning, endurance, power endurance, movement enhancement and fat loss. The unique aspect of the rope training is that it allows you to create a “wave”, much like you would see in the ocean. The typical rope being used for “waves” is usually between 50 and 60 feet in length and 1.5 to 2 inches in diameter. The length of the rope makes it quite challenging as you need to develop a substantial amount of power to get the wave to travel all the way to the end (where the rope is anchored to). The thickness of the rope provides a big challenge to the fingers and hands with the end result being a much stronger set of “paws”.

The brainchild behind rope training is John Brookfield, the creator of BATTLING ROPES. John is one of the most knowledgeable guys in the fitness industry and is well known around the world for his superhuman feats of strength and endurance.



**TOP 5 REASONS** why rope training is beneficial:

- # 1 Rope training increases your Endurance and Stamina Quickly**
- #2 Allows you to perform new movement patterns with endless variety**
- # 3 Improves Grip Strength, Power and Endurance at the same time**
- # 4 Greater Mental Toughness**
- # 5 Phenomenal Tool for Fat Loss**

## What Rope Size is right for me?

We usually recommend getting a 50 or 60 foot rope. Any less than 50 feet seems to be too short and greater than 60 feet seems to be rather long, especially if you are training indoors. My favorite length is 60 feet and that seems to be a great length for most fit people to work up to using.

The diameter should be no less than 1.5 inches and you could even go up to a 2 inch diameter rope which is very challenging to the grip. For the average trainee who is new to rope training, we recommend: a 50 foot rope / 1.5 inch diameter.

For the more fit and conditioned person we recommend: a 60 foot rope / 1.5 inch diameter.

If you have more of a need for grip strength as would be the case with a fire fighter, a construction worker or a mixed martial artist, you could use: a 60 foot rope / 2 inch diameter.

## Nylon or Manilla



Both work very well. I prefer the Nylon for the indoor studio or gym because it lasts longer and does not shed. The manilla ropes tend to shed their fibers and that can be quite a mess as you are always having to sweep up the manilla fibers. Manilla ropes tend to work better in outside environments.



## What is the Proper Technique?

The beauty of rope wave training is that nearly anyone can do it. If you can get the wave to travel the entire length of the rope you are more than likely doing it fine. However, I will suggest that some basic biomechanical guidelines be followed when learning or teaching rope waves.

### 1) Posture and Staying Rooted into the Earth

The spine should not be rounded or curved to any extreme. Try and sit the hips “back” and keep the entire foot on ground.

### 2) Tension in the Core / Arms Loose

You will want to keep the abdominal/core region engaged and braced with the arms being rather loose. If the rope waves looks choppy and uneven there is too much tension in the arms.

### **3) Eyes, Face and Neck**

Keep your gaze looking forward toward the horizon and keep the tension out of your face and neck. Excessive tension in these areas will rob neurologic signals that should be going to bigger and more power producing muscles. Remember that most of the tension in your body should be in your midsection, not your face. Breathing with depend on how fast, how long and how powerful you are producing the rope waves. Breathe as your body needs to and realize that the shorter duration power sets will disrupt breathing similar to sprinting a 200 meter dash.

Enjoy rope training as much as we do!

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Combining Ropes and Kettlebells for Maximum Fitness and fat Loss

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