

XLathlete.com

Rope Workout

Sets	1	2	3	4
	5	6	7	8
Rest After Set	30s	60s	90s	2 min
	3 min	4 min	5 min	6 min
Duration of Set	7 S	10s	15s	20s
	25s	30s	35s	40s
Rest After Exercise	10s	15s	20s	25s
	30s	40s	50s	60s

Circle your choice of Sets , Rest and Set duration

- 1) [Prone Rope Circles in](#)
- 2) [Standing Rope Circles In](#)
- 3) [Supine Rope Circles Out](#)
- 4) [Standing Rope Circles Out](#)
- 5) [Prone Rope Circles Out](#)
- 6) [Standing Rope Crossover](#)

7) [Supine Rope Circles In](#)

8) [Standing Rope Waves](#)

9) [Prone Rope Waves](#)

10) [Standing Rope](#)

[Lateral Shift](#)

11) [Supine Rope Waves](#)

