

Battle Rope Workout 2

Training equipment



Battle Rope (BR)

Duration



The workout is scheduled for 40 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. Fencing R/L
2. Plank with Outward Pull
3. Half Circles
4. Plank with Waves


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
10 min.	Exercises 1-4, 10 reps each, max. 10 sec. pause, as many rounds as possible!	After completing 10 reps of one exercise change to the next one. After completing exercise 4 start from beginning. Keep breaks short!
15 min.	Cool-down	Calming down the pulse, stretching, mobilization

Cool-down



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