



## ***9 Reasons to Use Heavy Training Ropes***

### **1. The workouts are fast.**

Most people don't have 3 hours to kill at the gym. You need to make the most of your time by getting in a quick, yet efficient workout that is going to work all your muscles. A quality training rope workout can be accomplished in 20 minutes.

### **2. Melt fat like a maniac.**

If you're doing a high intensity training work out with your battle ropes, you're going to burn a ton of calories - anywhere in the range of 300-500 calories per HALF HOUR! This is something that simply wouldn't happen on a leisurely jog around your neighborhood. Not only are you burning calories during the actual work sets with your training ropes, but in this style of training your metabolism is going to be revved up for up to 36 hours after you tuck your battle ropes back in to their bag. You'll literally be burning additional calories when you sleep that night, and at your desk the next day.

### **3. Build muscle and burn fat simultaneously.**

When I work out I like to be as efficient as possible. Who has time for the old style of training where you lift weights for 60-90 minutes, then chug along on the treadmill for another 45 minutes to get your cardio work in? Before you know it, that's almost 2 ½ hours down the drain. With battle ropes, you can kill two birds with one rope. Training ropes are one of the most efficient ways to push your muscles and metabolism to another level at the same time.

### **4. Take them anywhere.**

Have you ever tried to travel with work out equipment? Most of it is heavy, bulky, and you need an SUV to lug it around. Unless you drive a Hummer, it doesn't make sense to travel with barbells, and don't even think about packing a spin bike anywhere. Training ropes store easily in a small duffle bag, and even the biggest training ropes are only about 30 lbs. They're literally small enough to fit in your carry-on bag at the airport if you're a work out maniac. You might not want to fly across the country with 50 feet of rope, but the point is that battle ropes are one of the easiest pieces of equipment to transport. They fit easily in a hatchback, and you can even throw them in a backpack and ride your bike around with them.

### **5. Keep it fresh.**

With treadmills, elliptical machines, and stair-masters, there's not much variety in the workouts. The only thing you can really do is change speeds, or maybe go backwards. A simple YouTube search for "training rope workout" will give you enough ideas to last your entire life.

### **6. A toddler can set them up.**

Have you ever tried to set up cardio equipment from scratch? Trying to put together an exercise bike, a Nordic track, or even installing a pull-up bar is a nightmare. With training ropes, all you need is an anchor point like a telephone poll, railing, or even your workout partner's foot and you're good to go right out of the box.



### **7. Low impact/big results.**

Although training rope workouts can be intense and brutal, you can tone them down to any fitness level. Whether you're just starting out, recovering from an injury, or you have bone and joint problems, there's a training rope routine that can benefit you without pain or discomfort. Because the workouts use your body's natural range of motion, you don't have the negative restrictive aspects of common weight machines. There are also different weights of training ropes so you can start light, and build up as you get stronger by choosing a longer length, a larger diameter, or a combination of both. If you need something low impact and don't have access an aqua aerobics class, battle ropes are a great option.

### **8. Work multiple muscles at the same time.**

One of the best ways to have a fast and efficient workout is to train multiple muscles at the same time. With training ropes, you can instantly change from working both your legs and shoulders, to working your biceps and abs. That's four different muscle groups in one set. Throw in some squats, lunges, or lateral shuffles with your upper body moves and you'll be tapping out in no time.

### **9. Partner up.**

Training with a workout partner is a great way to stay motivated, accountable and challenged. With training ropes, you can easily have 4 people working out with one rope. When people are cheering your name, you're much more likely to push a little harder to finish your set. Using a simple interval rotation, your rest periods become your partner's work period. Rotate around in a circuit and before you know it, there will be 4 sets of arms that are exhausted, and 4 sets of abs that are that much closer to being exposed. Get a partner (or 3), grab your battle rope and take your training routine to the next level.