

Battling Rope (15m Length, 38mm Diameter, 12kg Weight)

£173.00

Product Images



Short Description

Get a low impact, fat burning and muscle building workout by using a battling rope. This 15 metre length by 38mm diameter version is great for building upper body strength and endurance and it provides a fun and rewarding workout that is suitable for all ages and abilities. This 38mm diameter option weighs 12kg so it is enough weight for those who have some experience of battling rope training but also those who are just starting out.

Often used by personal trainers and hugely popular in group or circuit sessions, the battling rope 15m by 38mm version comes with a waterproof sleeve allowing it to be used indoors or outdoors. This option is suitable for all types of battle rope exercises but if you require a heavier and thicker rope please contact us. We do a 50mm version that weighs 23kg as well as wall holders and anchor points for these.

Description

Battle Ropes

In the last few years battle ropes have been widely used in a number of different training environments and have become a hugely popular way of training amongst fitness professionals, athletes and general gym users. This unique way of training is both challenging and fun and works lots of different muscles. All you need to do is wrap the rope around a fixed post or anchor point and hold the ends and you can perform an array of low impact exercises.

Swing the rope, slam it and perform rapid 'up and down' movements to get a hugely satisfying CV and muscular workout. The great thing about battle ropes is that they are easy to set up, workouts are fast, you can build muscle and burn fat simultaneously and it works multiple muscles at the same time. Not only that, you can use it with a partner indoors or outdoors. What more could you ask for from one accessory.

Take a look at the video for some workout ideas and if you need any more information simply contact us on 01494 952182.

Additional Information

SKU	BR38G
Weight	12.000000
Equipment Usage	Home Use