

Battling Rope (15m Length, 50mm Diameter, 23kg Weight)

£197.00

Product Images



Short Description

If you are looking for a heavy duty battling rope then this 15 metre by 50mm diameter version is the one for you. Great for building upper body strength and endurance it provides a fun and rewarding workout that is suitable for all ages and abilities. This battling rope is the largest size we do and weighs an impressive 23kg. The rope has a diameter of 50mm/2" so is thick to hold and will train your grip strength.

Often used by personal trainers and hugely popular for boot camp and circuit sessions, the battling rope 15m by 50mm version features a waterproof sleeve allowing it to be used indoors or outdoors. We recommend this option for those who are familiar with battle rope training and want a heavy, thick rope. If required, we also do 2 smaller ropes and a storage holder and anchor point for these so please contact us with your requirements.

Description

Battle Ropes

In the last few years battle ropes have exploded onto the scene and have become a hugely popular training accessory among fitness professionals, athletes and general gym users. This unique way of training is both challenging and fun and uses lots of different muscles, thus burning huge amounts of calories. All you need to do is wrap the rope around a fixed post and hold each end and you can perform an array of different low impact exercises.

Swing the rope, slam it and perform rapid 'up and down' movements to get a hugely satisfying anaerobic and aerobic 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. It really is a great piece of kit!

Check out our video for some exercise suggestions and if you need any more information simply contact us on 01494 952182.

Additional Information

SKU	BR50K
Weight	23.000000
Equipment Usage	Home Use