

Junior Battling Rope (10m Length, 25mm Diameter, 8kg Weight)

£103.00

Product Images



Short Description

Designed for use with young athletes and those new to exercise, the junior battling rope will prove to be a hit with anyone that uses it. It is 10 metres in length, 25mm in diameter and 8kg in weight. This option provides a great introduction to battle rope training and allows you to perform strength and endurance exercises in a safe and enjoyable manner. The junior battling rope is shorter in length than our other 2 ropes making it ideal for smaller facilities.

Battle ropes give you a hugely challenging but fun workout and the low impact nature of the exercises means they are suitable for all ages and abilities. Ideal to use at home on your own or in group or circuit sessions, the junior battling ropes comes with a waterproof sleeve which means it can be used indoors or outdoors. You can also buy a wall holder and anchor point for this rope so contact us if you need one of these.

Description

Battle Ropes

A hugely popular form of training amongst fitness professionals, athletes and general gym users, buying a battling rope will prove a great investment. This unique way of training works both the anaerobic and aerobic systems and is associated with lots of strength and endurance benefits. All you need to do is wrap the rope around a fixed post or anchor point and hold the ends to perform an array of challenging, low impact exercises.

Battle rope exercises are enjoyable for people to perform and they use large muscle groups meaning you will burn a large amount of calories. The key benefits of using battle ropes as part of your training are;

- Easy to set up.
- Workouts are fast.
- You can build muscle and burn fat simultaneously.
- Works multiple muscles at the same time.
- You can use it with a partner indoors or outdoors.

For workout ideas check out our video and if you need any more information why not give us a call on 01494 952182.

Additional Information

SKU	BR25K
Weight	8.000000
Equipment Usage	Home Use