

BATTLE ROPE



SET UP & SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Importante: Leggere le istruzioni prima dell'uso

SAFETY WARNING

Before using this product, please read and understand this owner's manual in its entirety. Adhering to all guidelines and advice laid out in this manual will ensure that you'll enjoy the best results from your new RPM Power® Battle Rope.

This is a powerful exercise device and should always be treated as such. Before commencing any exercise program or individual workout, be aware of your own existing fitness threshold and avoid exceeding that level. It is important to pace yourself with any strength training program and only exercise with a weight level that matches your current fitness level and ability.

If in any doubt about your current fitness ability, it is recommended that you consult your doctor or medical physician to ensure you are sufficiently fit for strenuous physical activity, such as that which comes from using this product.

IMPORTANT: Should you feel sick, dizzy or incur any sort of pain or discomfort while using this exercise device, STOP exercising immediately and seek medical advice if necessary.

GENERAL USAGE GUIDELINES

This product is not suitable for children. Persons under 18 years of age should be supervised at all times when in, or around the vicinity of this Battle Rope.

When you first receive your Battle Rope, please inspect it carefully prior to use. If you notice that the product has damaged parts, or parts which have been compromised in any way, please contact info@rpmpower.com immediately for support.

It is important to exercise with this product in a careful, controlled manner and with proper form. NEVER swing the Battle Rope around when it is not attached to its anchor or exercise with a weight that you are not able to fully support and control right throughout the entire movement.

Never use this Battle Rope in a space where there are objects or people, as doing so may damage the product which in turn could result in injury to the user or others.

Avoid wearing loose clothing or jewellery while using this Battle Rope as such objects may get trapped under or in the rope resulting in potential injury and/or damage to the product.

GENERAL USAGE GUIDELINES

This product is not suitable for commercial use. Avoid using in damp or wet environments as corrosion of metal parts may occur.

It is the responsibility of the user to ensure that they fully understand any and all safety instructions and warnings associated with the RPM Power® Battle Rope.

IMPORTANT DISCLAIMER

Please note that by using the RPM Power® Battle Rope you are doing so at your own risk. By using this product, the user accepts the responsibility of any and all risk of injury that may occur.

BATTLE ROPE MAINTENANCE

Store your Battle Rope in a clean, dry environment at all times to avoid possible corrosion of the metal elements. Should your rope become soiled or dirtied during use, simply wipe it clean with a damp cloth. Use a separate cloth to dry completely.

Never use detergents, chemicals or bleach solvents on this product. Doing so may result in damage which can adversely affect the product's cosmetic appearance or performance.

SECURING THE ANCHOR POINT

Before using your Battle Rope, you will need to make sure that it is properly held down by the included anchor point. When fully secured into the ground or wall, the anchor point will be strong enough to take any force that is placed on the rope.

Step 1. Assess your desired location in size and ensure you can freely exercise with your Battle Rope without coming into contact with objects or other people. It is important to know how you intend to use the Battle Rope: for example you can thread the rope through the anchor point, halving the length for use in both hands. You may also intend to use the entire of the length of the outstretched rope when it is tied to the anchor point. Bear in mind the longer the length of the Battle Rope, the greater the weight and intensity of exercise.

Step 2. Ensure that you are able to attach the anchor point to either the ground or wall here. You will most likely need to use a drill to secure the anchor point in place.

Note: The included screws are designed for use with hard surfaces only, such as concrete and wood. If you are using your Battle Rope outdoors on grass or soil, the anchor point should be secured to the ground using metal pins (such as those used to secure a tent). Metal pins for outdoor use are not included with this product.

Step 3. Use a pencil to mark the four points of the anchor on the ground or wall, then remove the anchor point and drill holes approx. 5cm deep where the marks are. *You may need to drill holes with M11 drill bits.*

Step 4. Insert the 4 x screws M10 expansion screws into the holes. Remove the bolts and washers from the screws.

Step 5. Place the anchor point over the screws and secure it to the ground/wall using the washers and bolts. Ensure the bolts are tightened properly and that the anchor point is firmly bolted down.

Step 6. Thread your Battle Rope through the loop in the anchor point and you're ready to start exercising.

Note: It is important to regularly check that the anchor point is securely in place and that the bolts are tight before using your Battle Rope.

BATTLE ROPE EXERCISES

As with any new piece of gym equipment, you should first make sure you can do the basic fundamental exercises before you try and engage in an intense HIIT workout with your Battle Rope.

There are a variety of exercises you can do with your Battle Rope. Before starting any exercise however, make sure the rope is properly secured to the anchor point. Your anchor point should be strong enough to take the force that will be placed on the rope.

EXERCISE TIME:

To enjoy an intense HIIT workout with your battle rope, we recommend choosing 5 of the below 8 exercises (or any of the Battle Rope exercises on the RPM Power website) and repeat each exercise twice for a 10 minute workout, or four times for a gruelling 20 minute workout. These can be longer or shorter depending on your level of fitness.

Depending on your level of fitness, we recommend the following workout times for exercise and recovery:

Beginner Workout	Intermediate Workout	Advanced Workout
15 seconds on	20 seconds on	30 seconds on
45 seconds rest	40 seconds rest	30 seconds rest

Exercises:

1. Alternate Waves

- Stand upright, with your feet about shoulder-width apart.
- Hold one end of the rope in each hand, and brace yourself with your core tightened.
- Bend your knees slightly and lift one arm upwards, creating a wave-like movement throughout the rope.
- As you bring it back down, power your other arm upwards.
- Keep performing this alternating wave-like movement as fast as you can for the designated time.

2. Up and Down Waves

- Stand upright, with your feet about shoulder width apart.
- Hold one end of the rope in each hand, and brace yourself with your core tightened.
- Bend your knees slightly then move both arms up and down in unison. Continue this motion to create a wave-like movement throughout the rope.
- The rope should move in one smooth wave-like motion here, rather than alternating like the last exercise.

3. Side to Side Waves

- Begin this exercise with your feet approximately hip-distance apart with both your knees and hips slightly bent and your core tensed.
- Hold the handles of the rope in both hands, keeping your hands together at approximately waist-height.
- Begin by moving your arms from side to side in unison. The ropes should form a lateral wave as you do this.
- Continue sweeping your arms from side to side. The faster you go - and the closer you stand to the anchor point - the more difficult this exercise will be.

4. In and Out Waves

- 'In and Out Waves' is quite similar to 'side to side waves', only time, instead of moving your arms in the same direction (side to side) together, you will move both arms in (towards your stomach) together and out (away from your stomach) together. It's the same movement you'd do if you were trying to get someone's attention with both hands!
- With your feet shoulder-width apart, bend your knees and tense your stomach.
- Whip your arms in and out as fast as you can to create a wave motion with the ropes.

5. Power Slam

- Begin this exercise with a rope in each hand, with your feet approximately shoulder width apart.
- Bend your knees and tense your stomach.
- Start by whipping both arms up and down in sync with each other, slamming the ropes down with full force to the ground.
- Continue to keep your knees bent throughout the exercise.
- An important tip to note here is that as you extend the rope upwards, breath in. As you bring it downwards, breathe out.

6. Ultimate Warrior

- With your side to the anchor, stand upright with your feet about shoulder width apart.
- Put the handles of the ropes together and hold the ropes with both hands.
- Tensing your core, begin this exercise by lifting your arms up and down with as much force as possible.
- The rope should move in one smooth wave-like motion here.

7. Upper Cuts

- Begin this exercise by standing with your feet approximately shoulder-width apart, holding the handles of the rope in each hand, so that the ends are pointing in an upwards direction.
- Keep your hands at around hip-height to start this exercise.
- The purpose of this exercise is to create an uppercut-like punching movement. Punch upwards, across your body and it should create a diagonal wave with your battle rope.
- From the starting position, shift your weight to the right as you punch your left arm upwards and across your body, bringing your left hand up to shoulder-height.
- Next, return your left arm back to the starting position and in one fluid motion, transition your weight to the left side and punch upwards across your body with your right arm.
- Keep on punching this way at a maximum intensity for the duration of this exercise.

8. (Anti) Clockwise Circles

- Begin this exercise with your feet approximately shoulder-width apart with both your knees and hips slightly bent and your core tensed.
- Hold the handles of the rope in both hands.
- Move your hands in a circular motion so that movement is created through the rope, all the way to the anchor point.
- You can move your hands (a) clockwise together; (b) anti-clockwise together; (c) one hand clockwise, the other anti-clockwise.

THANK YOU FOR YOUR PURCHASE

We would like to warmly thank you for your purchase of this RPM Power® Battle Rope. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

Your Opinion is Important to Us

As a small family business, word of mouth is what keeps us going. That is why we would love to hear your thoughts on our product! If you have even a minute, we would really appreciate it if you could leave us a quick review on Trustpilot.com. Just search for our business - **RPM Power** - on the Trustpilot website.

Reviews from customers like you give others a better idea of how our products work and allow for a more transparent purchase process when buying from our store. Thank you so much.

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