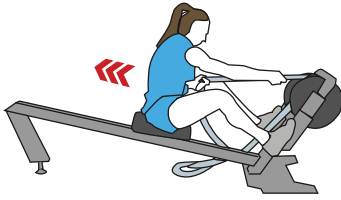
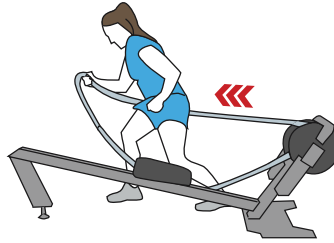


### GLIDING ROW



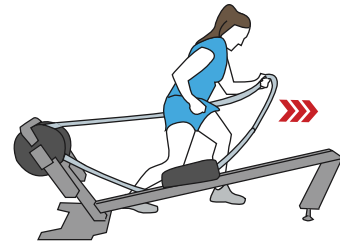
Perform an alternating-arm row, while extending the legs to slide the seat backward on each pull. Bend the legs to allow the seat to slide forward each time reaching for the rope.

### BICEPS CURL



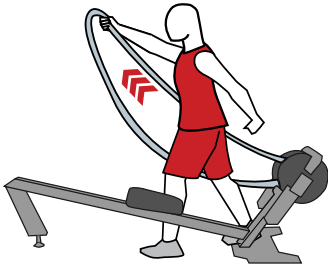
Facing away from the drum, perform a unilateral biceps curl, using the other hand to feed the rope. Repeat for the other arm.

### CHEST PRESS



Facing away from the drum in a slight squat position, perform a unilateral chest press, pushing the rope forward away from the torso. The other hand is used to feed the rope.

### CHEST FLEXION



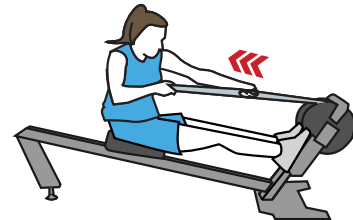
Facing away from the drum, pull the rope from your side, forward in front of face while keeping the elbow straight. Repeat for other side.

### BICEPS ROW



Perform an alternating biceps curl, while keeping elbows pointed towards the drum.

### BACK EXTENSION



Perform an alternating arm row. Lean back with every pull. Lean forward with every reach.

### REVERSE FLY



Grab the rope with one hand close to the drum, extend laterally to an abducted position, using the extend laterally to an abducted position, using the other hand to feed the rope. Repeat for the other side.

### ROW



Seated on fixed seat, perform an alternating-arm rowing motion, pulling the rope toward the chest.

### TRICEPS CLIMB



Bending towards the drum, perform Unilateral triceps extension while using the other hand to feed the rope. Repeat for the other side.

This chart is our suggested beginners training sheet for the RX3200 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.