

### BALANCE BALL ROW



Perform alternating-arm rows, while seated on a balance ball.

### LUNGE PULL



Facing the drum in lunge position (1 knee on the ground), stand straight up while using the ipsilateral/same-side arm to pull the rope toward the upper chest.

### BACK EXTENSION



Standing in squat pose over drum with feet on fixed pedals, perform alternating arm rowing motion, pulling rope toward chest, while standing up straight on each pull.

### UNILATERAL BICEPS CURL



Facing away from the drum, perform a neutral-grips biceps curl with 1 arm, using the other arm to feed the rope. Repeat for the other arm.

### STAND OVER ROW



Standing in slight squat pose over drum with feet on fixed pedals, perform alternating arm rowing motion, pulling rope towards abdomen.

### SEATED ROW



Seated on ground facing machine, perform an alternating-arm rowing motion, pulling the rope toward the chest.

### BICEPS CURL



Start in a squat position facing away from the drum, with hand hanging by the side and gripping the rope. Perform a biceps curl keeping the elbow close to the body. Using the other hand to feed the rope. Repeat with the other side.

### TRICEPS EXTENSION



Seated facing away from the drum, gripping the rope close to the head. Extend the arm forward.

### REVERSE FLY



Gripping the rope with one hand close to the drum, extend the arm laterally while keeping the elbow straight.

This chart is our suggested beginners training sheet for the RX2000 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.

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