

# VMX THREE60

## ROPE TRAINER WORKOUT GUIDE

The VMX THREE60 Rope Trainer is a versatile and effective tool for strength, cardiovascular and total body conditioning. The Rope Training Program detailed in this poster is designed for GENERAL FITNESS ENTHUSIASTS as well as for COMPETITIVE ATHLETES with 7 FUNCTIONAL MOVEMENTS in mind – PUSHING, PULLING, SQUATTING, LUNGING, TORSO FLEXION, TORSO EXTENSION AND TORSO ROTATION.

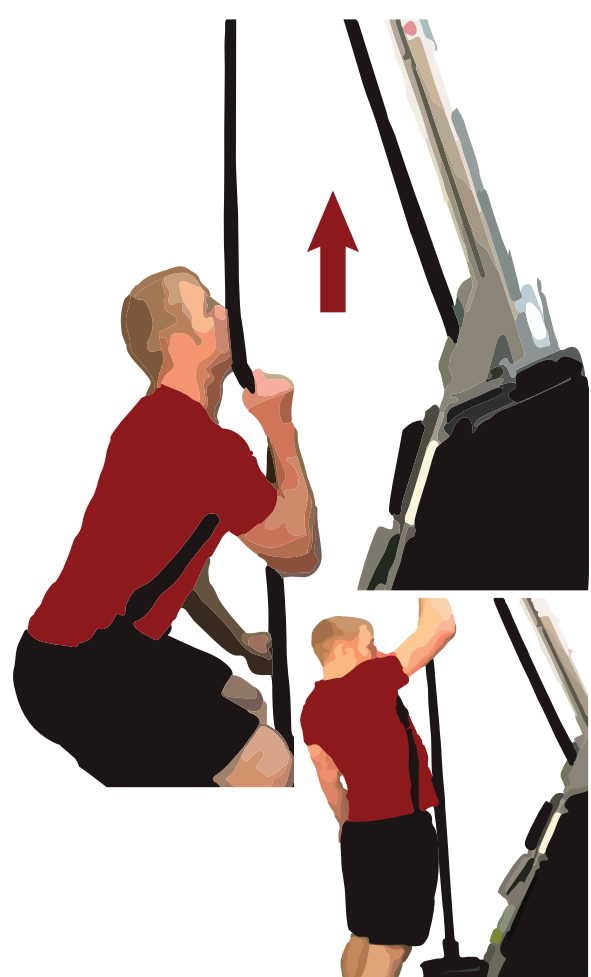


The World's Authority on Rope Training

Before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. Always rest properly between sets. Light-headedness and dizziness may be signs of over-training or other medical conditions. Should you experience either of these conditions, stop exercising and consult a physician

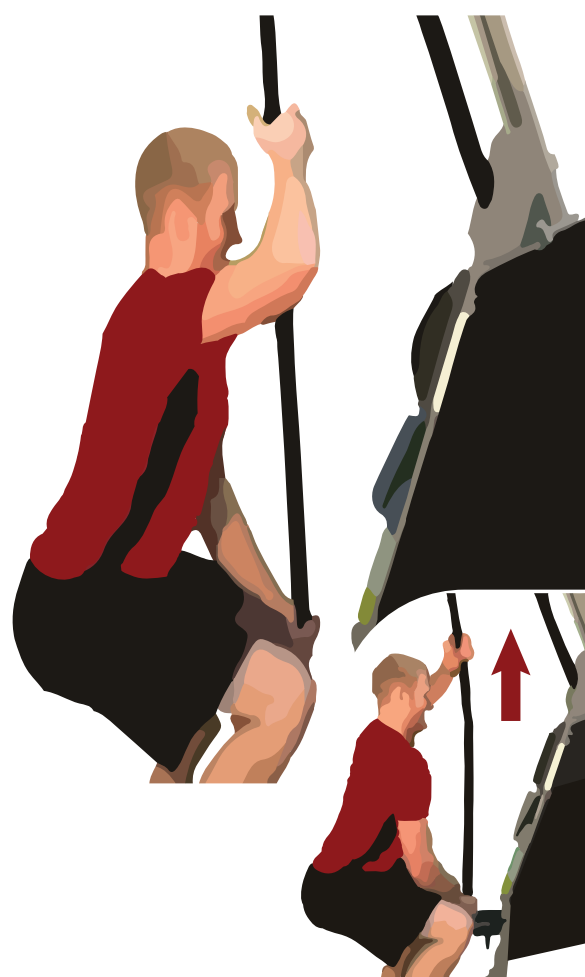
## VERTICAL ROPE EXERCISES

One Arm Thruster



Face the rope trainer squatting; 1 hand neutral grip. Bring the rope close to your shoulder and bend the rope; palm up; Stand up and push the rope up overhead, simultaneously. Alternate arms.

Alternating Shoulder Lift with Static Squat



Face the rope trainer squatting; 1 hand neutral grip low. Lift over head height. Alternating hand over hand lifting.

Staggered Stance Side Pull Down



Face sideways in a staggered stance; outside leg forward; neutral grip with inside hand. Pull down. Add the outside hand to the pull, then finish with outside hand only.

MARPO Lunge



Face sideways in a lunge position; knees bent; straight posture; 2 hand neutral grip waist high. Extend both knees to come to a standing split stance position.

Reciprocal Biceps Curl/Triiceps Pushdown



Face the rope trainer; 1 hand neutral grip low. Flex your arm and turn your palm up. Release the rope at shoulder height. With the opposite hand grab the rope with a neutral grip at shoulder height. Extend your arm down, straightening your elbow.

MARPO Piston Lift & Pull with Step Back Lunge (pull into lunge)



Face the rope trainer; 2 hand neutral grip high over head. Pull down; step back into a lunge. At the bottom of the range of motion, keep your grip and lift up and stand up out of the lunge position. Alternate the lunge.

## DIAGONAL ROPE EXERCISES

MARPO Ax Chop



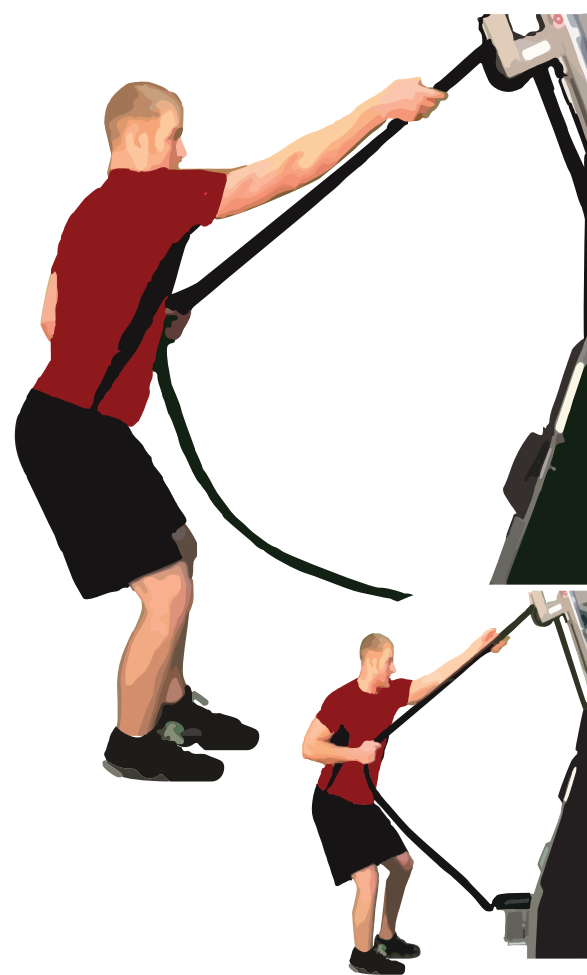
Face sideways, feet shoulders width apart; 2 hand neutral and slightly overlapped grip near the pulley. Simultaneously squat down and pull the rope down across your body past your hip and knee.

MARPO Backhand Chop



Face sideways, feet about shoulders width apart; 1 hand neutral grip near the pulley, with outside hand. Pull the rope down across your body, past your hip; extending your arm.

Diagonal Rotating Row



Face the rope trainer; feet about shoulders width apart; 1 hand neutral grip. Pull the rope to your ribs while rotating your shoulders and torso. Alternate arm pulling while rotating at the shoulders and torso.

Split Stance Overhead Triceps Extension



Face away from the rope trainer; split stance; inside leg behind the front cross foot; outside leg in front of the cross foot; 1 hand neutral grip just above your forehead; elbow up. Extend your arm. Alternate sides.

MARPO Paddleboard Pull Down with Reverse Lunge



Face the rope trainer; 2 hand neutral and slightly overlapped grip near the pulley. Pull the rope down to your hip and step back into a lunge; rotate torso. Alternate sides.

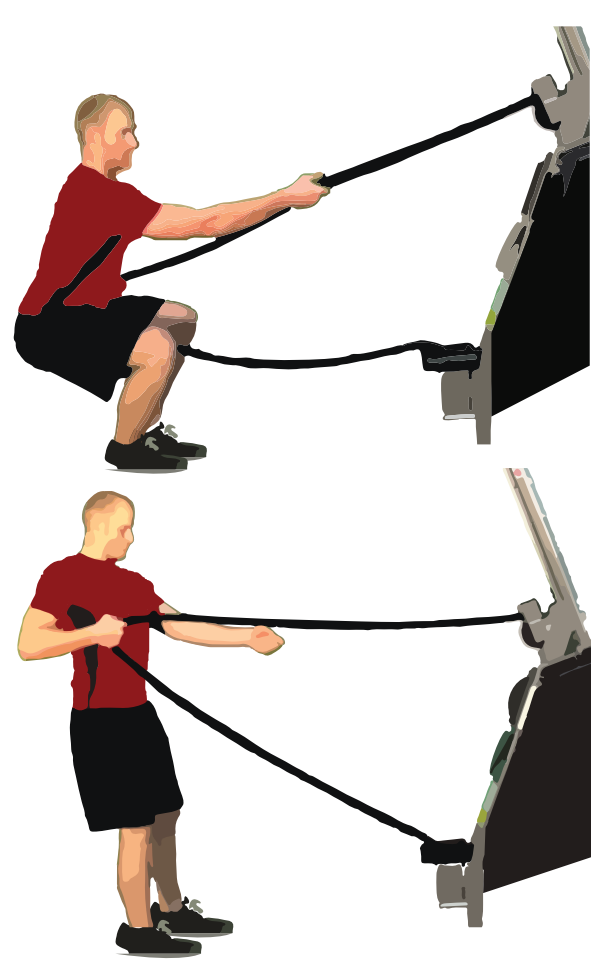
Split Stance Two Hand Overhead Throw



Face away from the rope trainer; split stance; inside leg behind the front cross foot; outside leg in front of the cross foot; 2 hand neutral grip just above your forehead; elbows up. Extend your arms in front of you.

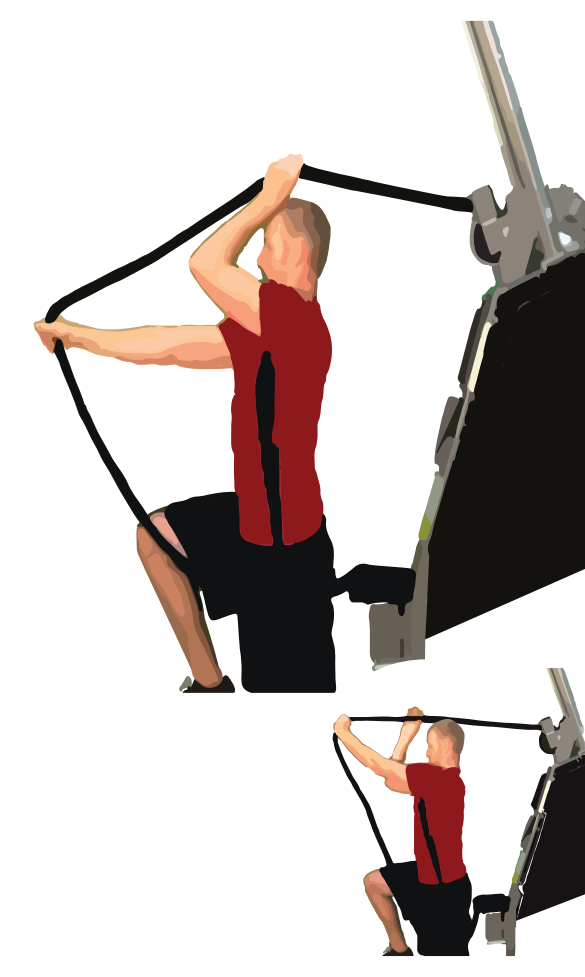
## HORIZONTAL ROPE EXERCISES

Rotating Row with Squat



Face the rope trainer squatting 3-4 feet away; 1 hand neutral grip. Pull the rope back and stand up; rotate your shoulders and torso. Alternate sides. Reach and squat. Stand and pull.

Kneeling Overhead Triceps Extensions



Face away from the rope trainer; half kneeling; back foot behind the front cross foot; 1 hand neutral grip just above your forehead; elbow up; Extend your arm. Alternate sides.

MARPO Core Rotation



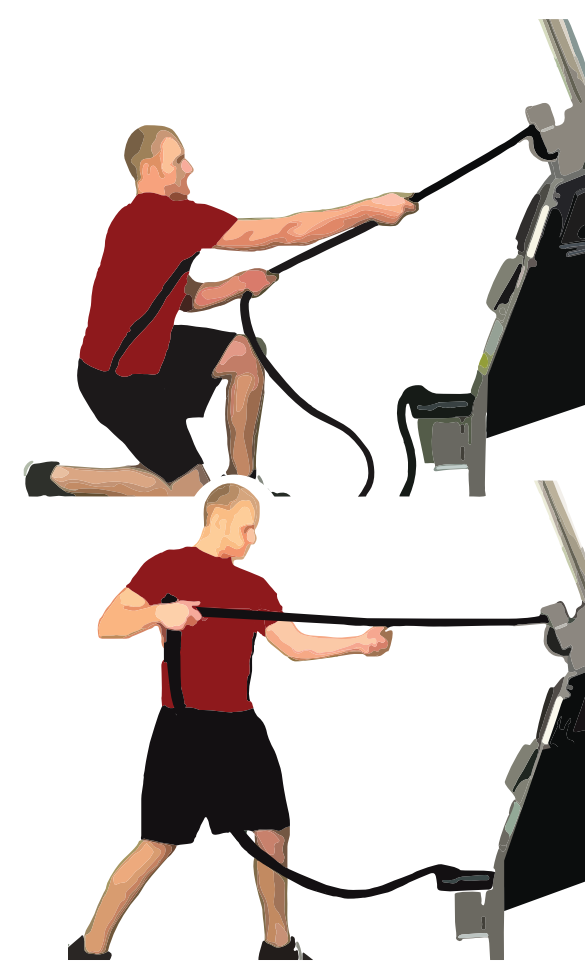
Face sideways; feet shoulders width apart; inside foot right next to the cross foot; 2 hand neutral grip (palms down) near the pulley. Pull the rope horizontally across your body, keeping your arms straight and rotating your torso.

Power Punch



Face away from the rope trainer; split stance; inside leg behind the front cross foot; outside leg in front of the cross foot; 1 hand neutral grip (palm down) near the pulley. Push (punch) the rope forward horizontally; lead with rotation of the hips (push inside hip forward) and subsequent torso rotation.

Reaching Core Twist



Face the rope trainer in a lunge 1-2 feet away; 1 hand (same side as back leg) neutral grip. Pull the rope back to your ribs; stand up and rotate your shoulders and torso. Reach, grip and lunge. Stand up and pull. Use the opposite hand to set the rope up for re-grip.

Hinged Hike



Face the rope trainer 2-3 feet away; feet shoulders width apart; hinge forward at your hips; 2 hand neutral and slightly overlapped grip near the pulley. Pull the rope down and back between your knees; keeping just a slight bend at the elbow.

Perform a THREE60 Cycle Block for each or any combination of the exercises pictured.

### THREE60 Cycle Block

Interval 1 – Cardio/Endurance	Interval 2 – Strength	Interval 3 – Power
60 Seconds (30 Seconds Each Side) Continuous Movement	60 Seconds (30 Seconds Each Side) Forceful Movement (15-16 Reps – 7-8 Each Side)	60 Seconds (30 Seconds Each Side) Explosive Movement (12 Reps – 6 Each Side)
Lighter Resistance	Heavy Resistance	Moderate Resistance
Consistent, rhythmic main action to reset action tempo – similar to running, cycling or rowing – often these movements are alternating hand over hand variations of the movements. 1:1 – Action Time: Reset Time – if it takes you one second to perform the main push or pull action then there should be an equal amount of time before the next repetition of the movement.	1:3 Action Time : Reset Time Similar to other strength training exercises - if it takes you one second to perform the main push or pull action then there should be about 3 seconds before the next repetition of the movement. Coaching cue = Action, 2, 3, 4, Action 2, 3, 4....	1:4 Action Time : Reset Time Similar to other power training exercises - if it takes you one second to perform the main push or pull action then there should be about 4 seconds before the next repetition of the movement. Coaching cue = Action, 2, 3, 4, 5 Action 2, 3, 4, 5....Each action is distinct and explosive.

For more workout and movement ideas go to

[WWW.MARPOKINETICS.COM](http://WWW.MARPOKINETICS.COM)