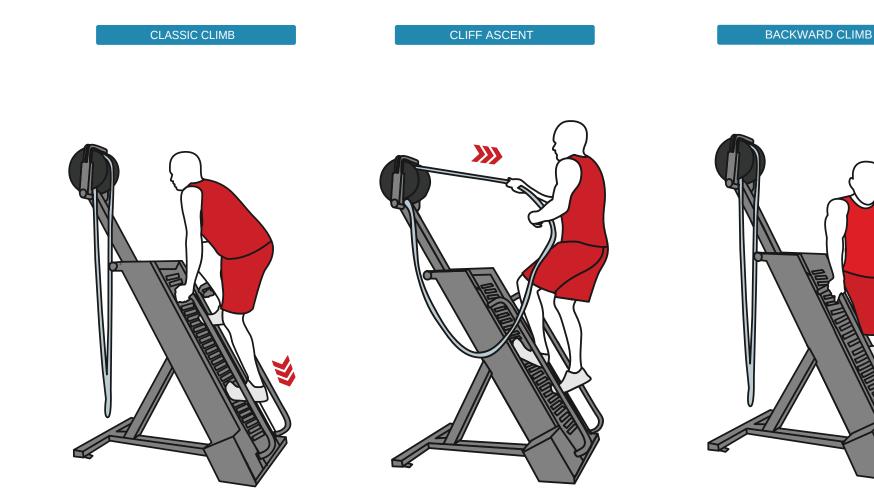
ROPE TRAINER RX4400 EXERCISE GUIDE

ROPEFLEX®



While gripping the fixed handles and facing towards the drum, walk up the tread.

Performing an alternating arm climb with the rope, while walking upwards on the tread.

While gripping the handles and facing away from the drum, walk up the tread backwards.





This chart is our suggested beginners training sheet for the RX4400 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 excersises and come up with new unique vatiations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.

