

# SPRI CROSS TRAIN CONDITIONING ROPE

## Exercise Instruction

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
- Complete select movements equally in both directions to avoid the development of muscular imbalance.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds perform the movement more slowly, or take more rest between movements.

—OR—

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

### JACKS



**Start:** Grasp handles with thumbs pointing toward end of handles, bend arms slightly and position below shoulders in front of body. Stand with feet hip width apart, bend knees and hinge slightly forward at the hips with head over shoulders.



**Finish:** Quickly jump, push hips forward, straighten and separate legs while raising arms up and over head. Softly land on balls of feet, bend knees while bringing arms down to sides of body in a continuous apart/together pattern.

### CIRCLES



**Start:** Grasp handles with thumbs pointing toward rope, bend arms and position slightly out in front of body. Stand with feet slightly wider than hip width apart, bend knees and hinge slightly forward at the hips with head over shoulders.



**Finish:** Move arms in an in-to-out continuous circular pattern while raising arms up and away from sides of body. Keep legs, chest and head stationary while maintaining core muscle activation.

### SQUAT THRUST SLAMS



**Start:** Grasp handles with thumbs pointing toward rope, stand with feet shoulder width apart, bend legs with knees over feet, hinge slightly forward at the hips with chest high and eyes looking straight ahead.



**Finish:** Quickly extend legs, push hips forward, point toes toward the floor and jump straight upward while lifting arms up and forward above the shoulders. Pull arms down quickly while in the air, land on balls of feet, bend knees and repeat in a continuous up and down arm/leg pattern.



### ALTERNATE WAVE



**Start:** Grasp handles with thumbs pointing toward rope and straighten arms below shoulders in front of body. Stand with feet shoulder width apart, bend knees and hinge slightly forward at the hips with head over shoulders.



**Finish:** Move one arm up and forward directly out in front of shoulder in a continuous alternating up/down arm pattern. Keep legs, chest and head stationary while maintaining core muscle activation.

### UPPER CUTS



**Start:** Grasp handles with thumbs pointing toward end of handles, bend arms and position elbows below shoulders slightly out in front of body. Stand with feet slightly wider than hip width apart, bend knees and hinge slightly forward at the hips with head over shoulders.



**Finish:** Quickly drive bent arm up and forward across front of body while pivoting same side leg and rotating upper body in the same direction. Drive opposite arm up and forward, pivot and rotate in opposite direction in a continuous alternating side to side arm pattern.

### GRAPPLER'S THROW



**Start:** Grasp handles with thumbs pointing toward end of handles, bend arms, cross in front of body and position hands along side of body. Stand with feet slightly wider than hip width apart, bend knees and hinge slightly forward at the hips with head over shoulders.



**Finish:** Quickly drive bent arms up and over in front of body while pivoting leg and rotating upper body in the same direction. Drive arms up and over, pivot and rotate in opposite direction in a continuous alternating side to side arm pattern.