

SPRI HEAVY ROPES

EXERCISE GUIDE

- Warm up for 3-5 minutes before each exercise session.
 - Complete each movement selected for 10-30 seconds.
 - Perform 1-3 sets of each selected movement.
 - Rest approximately 30-60 seconds between each movement.
 - Perform movement in a safe and controlled manner.
 - If unable to complete a movement for a minimum of 10 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 30 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.

BASIC JUMP



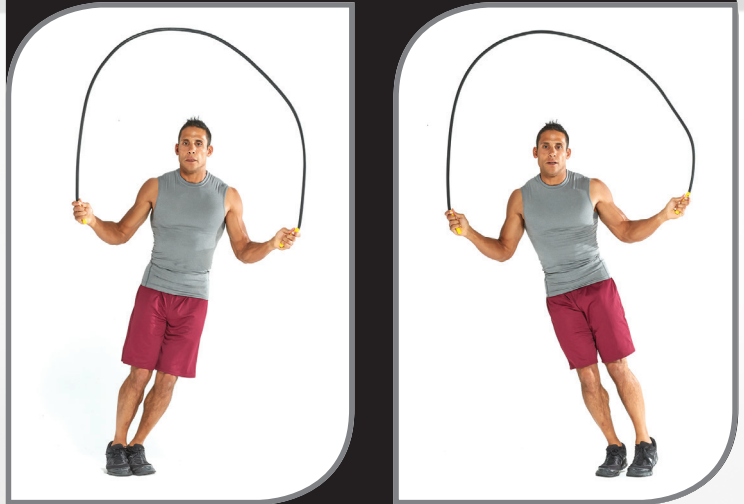
Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with two feet and allow rope to pass underneath feet in a continuous touch-hop foot pattern.

BICYCLE



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Bend one leg and lift foot while hopping on opposite foot allowing rope to pass underneath foot in a continuous alternating touch-hop-lift foot pattern.

SIDE-TO-SIDE JUMP



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop from side-to-side with two feet and allow rope to pass underneath feet in a continuous touch-hop foot pattern.

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EXERCISE GUIDE

ALTERNATE SINGLE LEG JUMP



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with one foot and allow rope to pass underneath foot in a continuous alternating touch-hop foot pattern.

DOUBLE HIGH KNEE



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with two feet while bending legs and lifting knees allowing rope to pass underneath feet in a continuous touch-hop-lift foot pattern.

LUNGE JUMP



Stand hip-width apart with one foot in front of body and one foot behind and grasp handles with rope loop on floor behind back heel. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with two feet and switch legs allowing rope to pass underneath feet in a continuous touch-hop-switch foot pattern.