

# **Xlathlete.com Rope Workout**

Circle the desired parameters for the workout

Sets	1	2	3	4	5	6	7	8
Rest After Set	30s	60s	90s	2 min	3 min	4 min	5 min	6 min
Duration	7 S	10s	15s	20s	25s	30s	35s	40s
Rest After Exercise	10s	15s	20s	25s	30s	40s	50s	60s

- 1) Prone Rope Circles in
- 2) Standing Rope Circles In
- 3) Supine Rope Circles Out
- 4) Standing Rope Circles Out
- 5) Prone Rope Circles Out
- 6) Standing Rope Crossover
- 7) Supine Rope Circles In
- 8) Standing Rope Waves
- 9) Prone Rope Waves
- 10) Standing Rope Lateral Shift
- 11) Supine Rope Waves