



Jordan Training Rope - Battle Rope, 15m, 38mm (JLTR-01)



Originally used in martial arts, Battle Ropes have become an indispensable part of functional training. Training with a Battle Rope trains strength, conditioning and grip strength. Training with a Battle Rope is a combination of muscular endurance, strength and cardiovascular training and promotes grip strength, joint stability, core strength and speed. It is a high intensity workout with no negative impact on the joints. Rope training with Battle Ropes strengthens shoulders, arms, back, abdominals, chest, hips and legs. The heavier the ropes the more these parts are trained.

CHF 199.00

Moving the Battle Rope requires a certain coordination and stability in the lower and upper body. This is promoted by lifting or pulling or by a rhythmic swinging of the Battle Rope. If you supplement these movements with jumps or back and forward movements, you get an efficient whole body workout. With short high-intensity sessions at maximum heart rate, you not only train your muscles, but also achieve a high fat-burning rate.

Users who rather want to improve strength endurance should choose a 15m rope around 10kg. Competitive athletes looking to build strength should choose a thicker rope of 15-20kg to achieve the desired training results.

- ideal for beginners to trained athletes
- trains different muscle groups at the same time for better results in less time
- increases aerobic and anaerobic capacity
- increases strength and stamina
- suitable for indoor and outdoor use
- natural manilla rope with water-resistant nylon cover
- length 15m
- in 38mm diameter
- weight 14,8kg
- Metal grip caps at both ends
- Option: Training rope holder

**The Shark
Fitness Company**



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- Option: Training rope suspension
- colour: black