



Training Manual



COMBAT ROPE

- *Cardio Pumping*
- *Muscle Blasting*
- *Fat Shredding*

COMBAT ROPE WARNING



WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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COMBAT ROPE USAGE



WARNING



Read all information before use.
Serious injury or fatality may occur.

COMBAT ROPE

- The Combat Rope is not a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- Do not swing, hang, or flip on the Combat Rope.
- Do not attempt any type of gymnastic movements on the Combat Rope. Use only as shown/illustrated/intended.
- **NEVER** allow pets near the Combat Rope
- **ALWAYS** inspect the Combat Rope for nicks, cuts, or significantly loose threads before every use. If you find any cuts or significantly loose threads, discontinue use immediately.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- The Combat Rope could pose a strangulation hazard to children and pets, therefore must **NEVER** be left unattended. To avoid accidents, uninstall and store the Combat Rope out of the reach of children when not in use.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Combat Rope or any object coming into contact with the Combat Rope.

COMBAT ROPE USAGE



WARNING



Read all information before use.
Serious injury or fatality may occur.

- The Combat Rope may be used indoors or outdoors.
- Make sure you have adequate clearance in the area around the Combat Rope where you are using it. It should be a clean, level surface.
- Before each use remove any sharp objects from the exercise area (such as rocks when using outdoors) that might cut or harm the Combat Rope.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Combat Rope is not recommended for use during pregnancy.

MAINTENANCE AND CARE

- Clean the Combat Rope with mild soap and warm water. Allow to fully dry before storing. **DO NOT** store the Combat Rope outdoors.
- **DO NOT** use abrasive or chemical cleaners.
- Keep the Combat Rope out of direct sunlight. The Combat Rope should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.



COMBAT ROPE SET UP

Anchor the GoFit Combat Rope by looping it around a weighted or permanently fixed object.

(GoFit Kettlebell sold separately)





Exercise Program

Terms:

(NR) No Recovery

Move immediately to next exercise

(AR) 30 second Active Recovery

March in place, Jumping Jacks, Push-Ups, Mountain Climbers or Squat Jumps

Progression – Increasing Program Intensity

1 - **Duration** (i.e., 20 seconds to 30 seconds) – Muscular Endurance development

2 - **Sets** (i.e., increase the number of sets performed) – Muscular Strength development

3 - **Resistance** (i.e., shortening rope length to decrease resistance) – Muscular Power development

Customize your own program by adding the exercises of your choice,
or start with the progressive Combat Rope exercise programs included.

BEGINNER · **INTERMEDIATE** · **ADVANCED**



(AR) 30 Second Active Recovery
March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

COMBAT ROPE EXERCISE

EXERCISE	SET	TIME	REST
Alternating Arms, Big Wave Action	1	15-20 sec	AR
Alternating Arms, Small Wave Action	1	15-20 sec	AR
Wide Arm Alternating Wave Action	1	15-20 sec	2 min
Big Double Arm Up Downs	1	15-20 sec	AR
Small Double Arm Up Downs	1	15-20 sec	AR
Double Arm Slams	1	15-20 sec	2 min
Wide Arm Slams	1	15-20 sec	AR
Narrow Arm Circles	1	15-20 sec	AR
Wide Arm Circles	1	15-20 sec	2 min
Bottle Openers	1	15-20 sec	AR
In & Outs	1	15-20 sec	AR
Rope Flips	1	15-20 sec	2 min
Double Arm Alternating Reverse Lunge	1	15-20 sec	AR
Jumping Jacks	1	15-20 sec	AR
Double Slam Split Squat	1	15-20 sec	2 min



COMBAT ROPE EXERCISE

(AR) 30 Second Active Recovery
March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

INTERMEDIATE
3 x weekly

EXERCISE	SET	TIME	REST
Alternating Arms, Big Wave Action	1	20-25 sec	AR
Alternating Arms, Small Wave Action	1	20-25 sec	AR
Wide Arm Alternating Wave Action	1	20-25 sec	2 min
Big Double Arm Up Downs	1	20-25 sec	AR
Small Double Arm Up Downs	1	20-25 sec	AR
Double Arm Slams	1	20-25 sec	2 min
Wide Arm Slams	1	20-25 sec	AR
Narrow Arm Circles	1	20-25 sec	AR
Wide Arm Circles	1	20-25 sec	2 min
Bottle Openers	1	20-25 sec	AR
In & Outs	1	20-25 sec	AR
Rope Flips	1	20-25 sec	2 min
Double Arm Alternating Reverse Lunge	1	20-25 sec	AR
Jumping Jacks	1	20-25 sec	AR
Double Slam Split Squat	1	20-25 sec	2 min



(AR) 30 Second Active Recovery
March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

ADVANCED
3-4 x weekly

COMBAT ROPE EXERCISE

EXERCISE	SET	TIME	REST
Alternating Arms, Big Wave Action	1	20-30 sec	AR
Alternating Arms, Small Wave Action	1	20-30 sec	AR
Wide Arm Alternating Wave Action	1	20-30 sec	2 min
Big Double Arm Up Downs	1	20-30 sec	AR
Small Double Arm Up Downs	1	20-30 sec	AR
Double Arm Slams	1	20-30 sec	2 min
Wide Arm Slams	1	20-30 sec	AR
Narrow Arm Circles	1	20-30 sec	AR
Wide Arm Circles	1	20-30 sec	2 min
Bottle Openers	1	20-30 sec	AR
In & Outs	1	20-30 sec	AR
Rope Flips	1	20-30 sec	2 min
Double Arm Alternating Reverse Lunge	1	20-30 sec	AR
Jumping Jacks	1	20-30 sec	AR
Double Slam Split Squat	1	20-30 sec	2 min

Alternating Arms, Big Wave Action

EXAMPLE VIDEO
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QR Reader App



STEP ONE - Stand with feet shoulder width apart and grip Combat Rope ends with both hands.



STEP TWO - Alternating, move arms in an up and down motion. Arm movement should begin at waist and end above your head. Rope action should look like a radio wave with undulating peaks and valleys.



COMBAT ROPE EXERCISE

Alternating Arms, Small Wave Action

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STEP ONE - Stand with feet shoulder width apart and grip Combat Rope ends with both hands. Elbows should be locked to your side.



STEP TWO - Alternating, move arms in an up and down motion with elbows locked to your side. Arm movement should be 8 to 12 inches in a quick repeating motion. Rope action should look like a FAST radio wave with QUICK undulating peaks and valleys.

Wide Arm Alternating Wave Action

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STEP ONE - Stand knees bent with feet shoulder width apart. Grip Combat Rope ends with both hands, arms slightly wider than shoulders.



STEP TWO - Keeping rope wider than your shoulders, alternate arms in an up and down motion. Arm movement should begin at waist and end above your head. Rope action should look like a radio wave with undulating peaks and valleys.

Big Double Arm Up Downs

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Big, Powerful Movements



STEP ONE - Stand with feet shoulder width apart and knees bent. Grip Combat Rope ends with both hands, palms together.

STEP TWO - With palms facing in, move arms together in an up and down motion. Arm movement should begin below your waist and end above your head. Rope action should look like a radio wave with big undulating peaks and valleys.

Small Double Arm Up Downs

Short, Quick Movements

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STEP ONE - Stand with feet shoulder width apart and knees bent. Grip Combat Rope ends with both hands, palms together. Elbows should be locked to your side.



STEP TWO - Move arms in a QUICK up and down motion with elbows locked to your side. Arm movement should be 8 to 12 inches in a quick repeating motion. Rope action should look like a FAST radio wave with SHORT undulating peaks and valleys.

Double Arm Slams

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STEP ONE - Stand with feet shoulder width apart and knees bent. Grip Combat Rope ends with both hands, palms facing down.



STEP TWO - While driving your body upward, thrust the rope above your head in a powerful movement and then slam the rope back to the ground.

Wide Arm Slams

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STEP ONE - Stand knees bent with feet shoulder width apart. Grip Combat Rope ends with both hands, arms held out wide.



STEP TWO - Keeping arms wide, drive your body upward, thrust the rope above your head in a powerful movement and then slam the rope back to the ground.



COMBAT ROPE EXERCISE

Narrow Arm Circles

This exercise can be done with both arms, or as a single arm exercise.

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STEP ONE - Stand knees bent with feet shoulder width apart. Grip Combat Rope ends with both hands, arms held at sides.



STEP TWO - Keeping elbows bent, rotate arms in a circular motion. Rope action should be in an egg beater motion. Reverse arm rotation every other set.

Wide Arm Circles

This exercise can be done with both arms, or as a single arm exercise.

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STEP ONE - Stand knees bent with feet shoulder width apart. Grip Combat Rope ends with both hands, arms held wide out away from your sides.



STEP TWO - Maintaining a wide posture, rotate arms in a circular motion with elbows bent. Rope action should be in an egg beater motion. Reverse arm rotation every other set.

Bottle Openers

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STEP ONE - Stand with feet shoulder width apart and grip Combat Rope ends with a **REVERSE GRIP**. Elbows should be locked to your side.

STEP TWO - Maintaining reverse grip, alternate arm movement in an up and down motion with elbows locked to your side. Arm movement should be 8 to 12 inches in a quick repeating motion. Rope action should look like a **FAST** radio wave with **QUICK** undulating peaks and valleys. You will really feel this in your forearms and biceps.

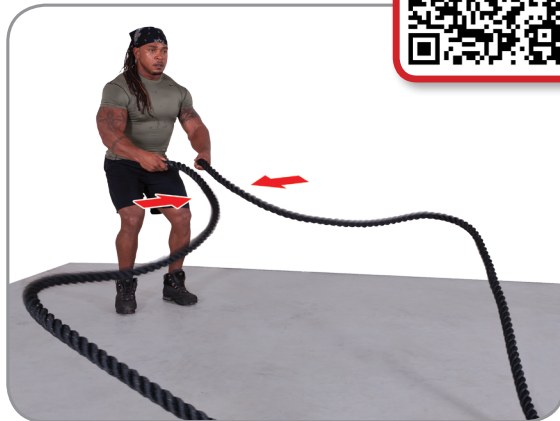
In & Outs

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STEP ONE - Stand knees bent with feet shoulder width apart. Grip Combat Rope ends with both hands, arms held in front of body.



STEP TWO - Keeping arms extended in front of your body, move the rope in a horizontal in and out motion. This will be very similar to a chest fly motion. Rope action will be undulating in an in & out motion.

Rope Flips

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STEP ONE - Stand with feet shoulder width apart and knees bent. Grip Combat Rope ends with both hands on the same side, palms facing down.

STEP TWO - While driving your body upward, thrust the rope above your head in a powerful movement and then slam the rope back to the ground on the opposite side. Repeat going back the opposite direction.

Double Arm Alternating Reverse Lunge

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STEP ONE - Stand knees bent with feet together. Grip Combat Rope ends with both hands, arms held slightly in front of body.



STEP TWO - Alternating, move arms in an up and down motion. Arm movement should begin at waist and end above your head. Rope action should look like a radio wave with undulating peaks and valleys.



STEP THREE - While keeping rope moving, step backwards with your right leg into a reverse lunge position. Chest should be up and your left knee should be over your left foot. Drive back to the starting position and then repeat stepping back into the lunge position with your left leg. Rope is moving throughout the entire exercise.

Jumping Jacks

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STEP ONE - Stand knees bent with feet together. Grip Combat Rope ends with both hands, arms held slightly in front of body.



STEP TWO - Hold rope while doing a standard jumping-jack motion. Arms are up and out, feet out and then feet back together and arms back to your side.

Double Slam Split Squat (Five Steps)

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Exercise continues to Page 25.



STEP ONE - Start with Combat Rope in both hands held at sides with knees bent.



STEP TWO - Jump upwards while driving rope up over your head.



STEP THREE - Land in a split squat position with right knee in front and left leg back.



COMBAT ROPE EXERCISE

Double Slam Split Squat (Continued)



STEP FOUR - Jump upwards from split squat position, drive rope upwards.



STEP FIVE - Land with opposite leg (Left Knee) in front and repeat.



WARNING



IMPORTANT: Read all warnings and directions before using this product in order to reduce the risk of injury.

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read all warnings and instructions before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact GoFit for assistance. This product is not intended for commercial use.

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