

## ROPES GONE WILD™

### BENEFITS:

- Increased **QUALITY OF WORK**
- Increased **OVERALL STRENGTH AND POWER**
- Change the Game: **COACH > COMMUNITY > CULTURE OF FITNESS**

### PROGRAMMING: **PROGRESSION, VARIETY AND PRECISION.**

1. Warm up: **Movement Prep** all 15 ROPE movements to build pattern and quality of work (60-70% effort) focus on progressions and precision (all participants experience in 1 min. total/movement)
2. Progress **Function to performance** addressing movement in all **3 planes** of motion and energy systems
3. Science: *Biomechanics*
4. Attitude: *Always Build Up*
5. Environment: *Success is Experience*

9-Minutes Per Round	Upper Body	Lower Body	Core
<b>ROUND 1:</b>	Upper Cuts	Alternate Wave Squats	Wild Russians
<b>ROUND 2:</b>	Jacks Wild	Alternate Lunge Waves	Grapplers Throw - Standing
<b>ROUND 3:</b>	Circles: Two of a Kind	Skaters Lunge with Alternating Waves	Grapplers Throw - Kneeling
<b>ROUND 4:</b>	Figure 8's	ISO Squat Waves	Hooks
<b>ROUND 5:</b>	Snowboard Shuttle Waves	Dealers Choice Undulation (single leg/eyes closed)	Squat Thrust Slams