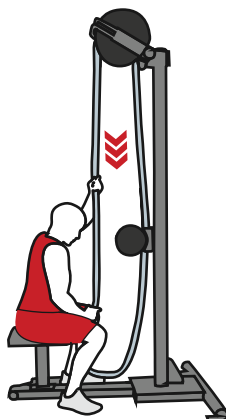


### STANDING ROW



In a squat position, facing the machine, perform an alternating-arm, horizontal rowing motion, bringing the rope toward the chest.

### SEATED CLIMB



Seated, facing the machine, perform an alternating-arm climbing motion, pulling the rope downward vertically.

### DECLINE ROW



Standing bent over, facing the machine, perform an alternating-arm rowing motion, pulling the rope toward the chest.

### STANDING BICEPS CLIMB



Standing straight, close to and facing the machine. Perform alternating biceps curls, as if descending a rope, keeping the upper arms at your sides, and only bending at the elbows.

### UNILATERAL BICEPS CURL



With back toward the machine in a slight squat posture, perform a unilateral biceps curl, using the other hand to continuously feed the rope. Repeat for the other arm.

### INCLINE CLIMB



Facing machine with legs bent, perform an alternating-arm climb motion.

### SIDE ROW



Standing with Ropeflex to your side, pull the rope with 1 hand from lateral across the chest, using the other hand to feed the rope. Repeat for other side.

### LATERAL CLIMB



Standing with Ropeflex to your side, perform a row/climb. Repeat for the other arm.

### BOSU BALL ROW



Position for incline row, standing straight, carefully perform a row while maintaining balance.

This chart is our suggested beginners training sheet for the RX2500 rope trainer before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. These options are meant to start you off. Experiment with duration of exercises and come up with new unique variations. Use rope trainer two to three times a week to start off. Always start with a good stretch before and after the workout.