



We Change Lives from the Core®



Battle Rope ST®

2 Training Methods 1 Awesome System

ABOUT THE BATTLE ROPE ST®

Two great training methods in one awesome system! The patented Battle Rope ST® system combines Body Weight Strength Training and Battle Rope training in ONE fun, engaging and effective workout! Perform Standing Oscillations, Chest Flys, Knee Ins, Slams, Hi Rows and more.

Wall Mount

- 01 Innovative wall mount allows you to perform body weight exercises like Chest Presses, Rows, and Bicep Curls.

Space Saving Design

- 02 Weighted handles allowed us to cut the length of the rope in HALF! You only need 10' from the attachment point allowing you to train in any sized room.



Dimensions:

Unit Weight:
Handles: 6 lb (2.7 kg)
Rope: 14 lb (6.2 kg)

Weighted Handles

- 03 Unique 6 pound handles allow you to get a more intense workout than any other battle rope can provide.

Battle Rope Training

- 04 When working from the lower mount, perform your favorite battle rope exercises such as Power Slams, Oscillations, Figure 8's, and more.



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