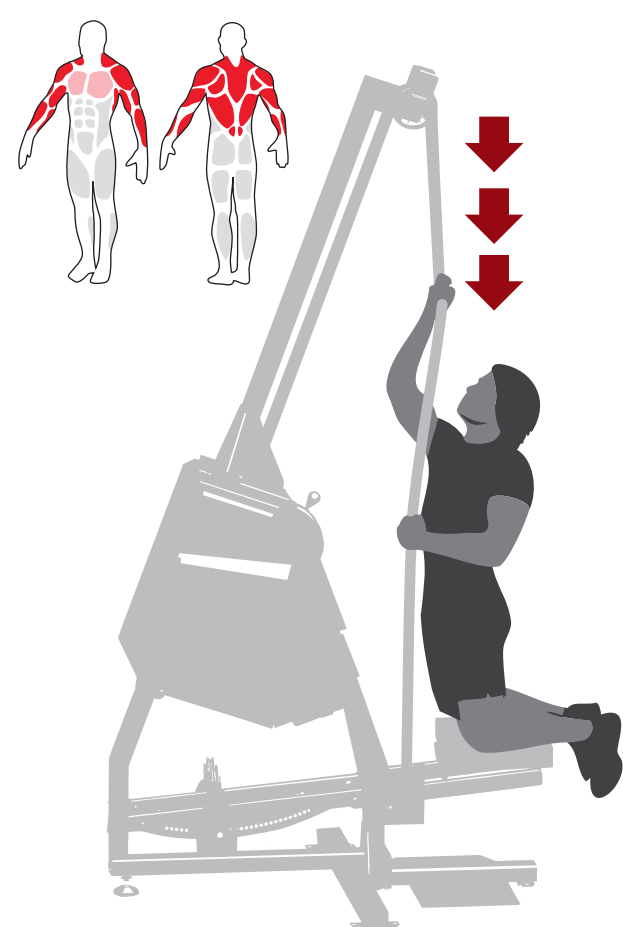


V250 ROPE TRAINER

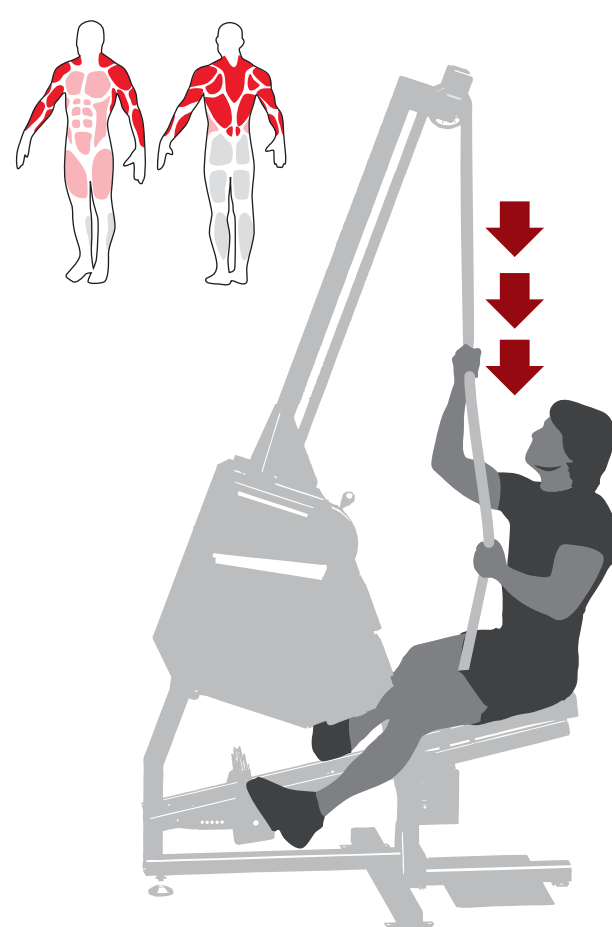
WORKOUT GUIDE

KNEELING PULL DOWN



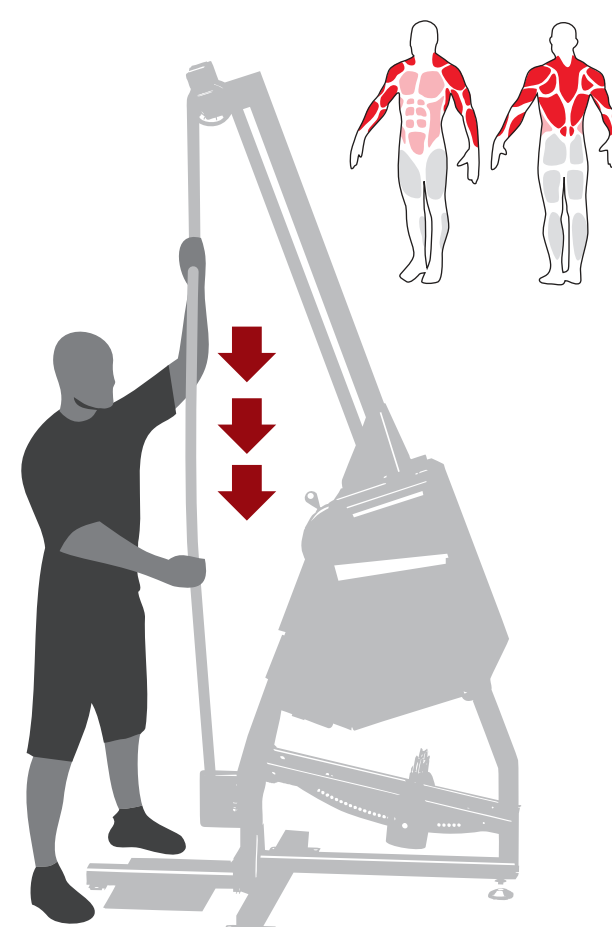
Kneeling on seat, pull down on rope, hand over hand and maintain seat elevation.

SEATED PULL DOWN



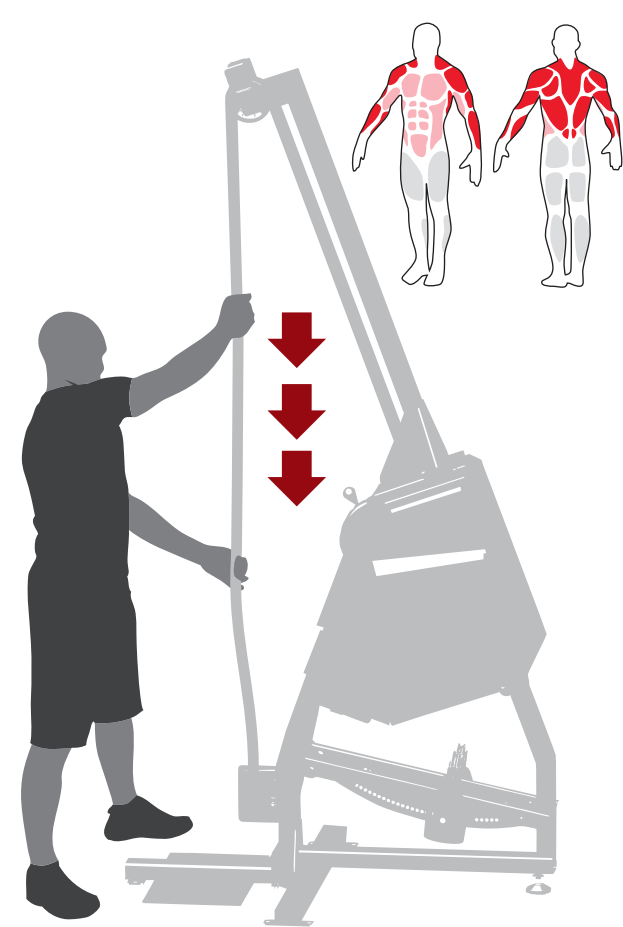
With legs extended and lifted off the ground, pull rope hand over hand maintaining seat elevation.

STANDING PULL DOWN



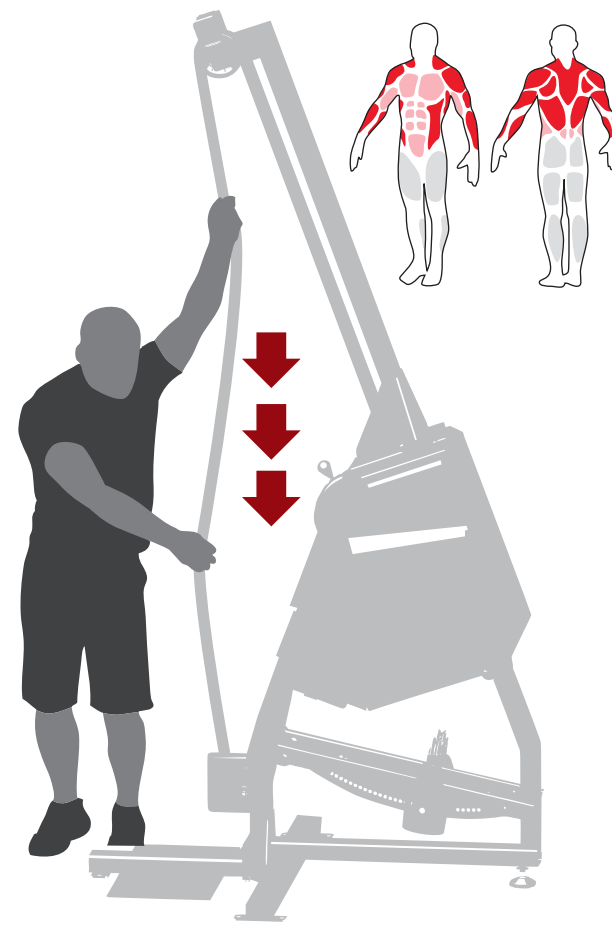
Standing close to rope, pull down, hand over hand. Vary stroke length to focus on different muscles.

STANDING LAT PULL



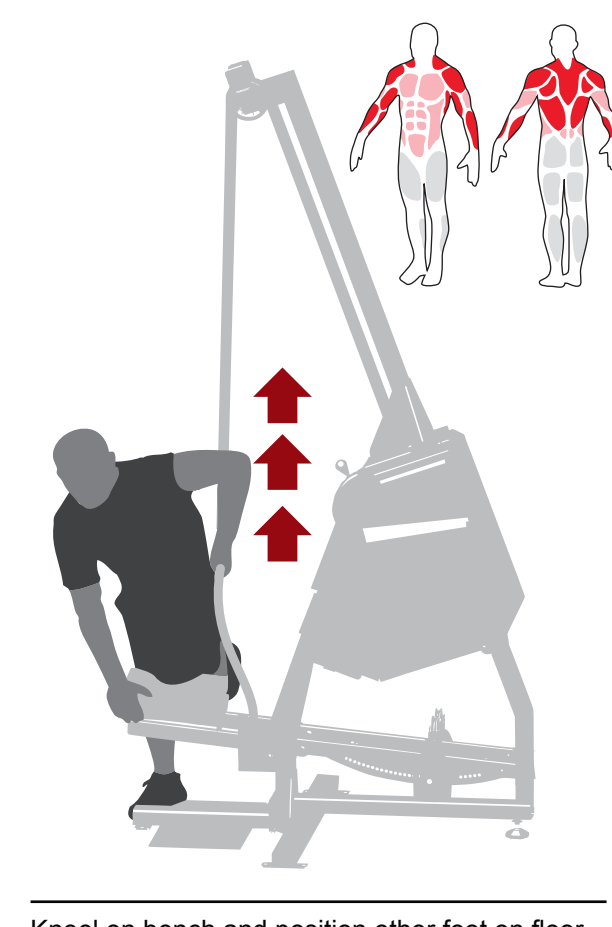
Standing arms length away from rope, pull rope hand over hand.

STANDING SIDE PULL



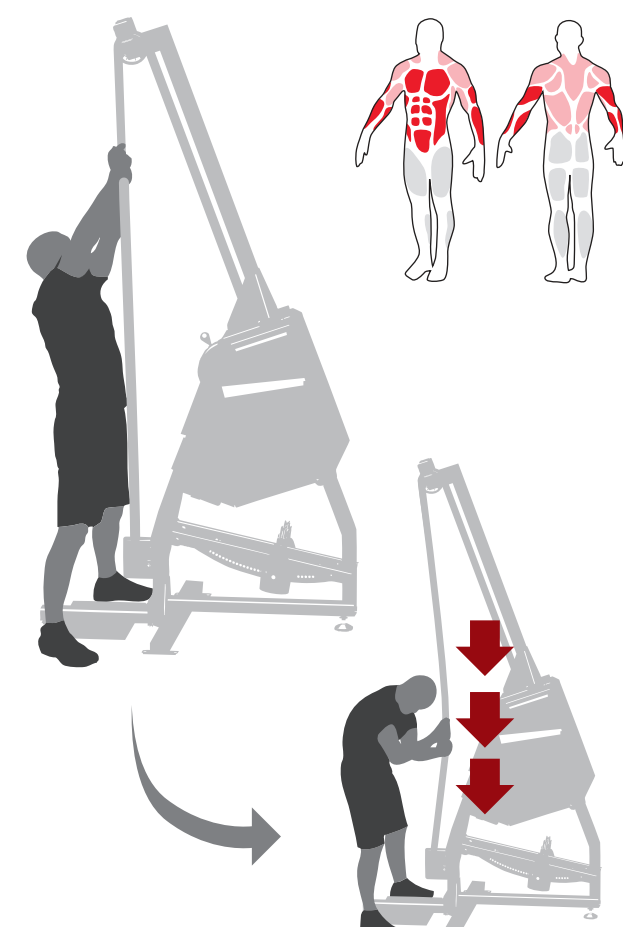
Standing sideways, keep upper body straight, do not bend knees, pull down on rope one arm after the other.

KNEELING LAT PULL



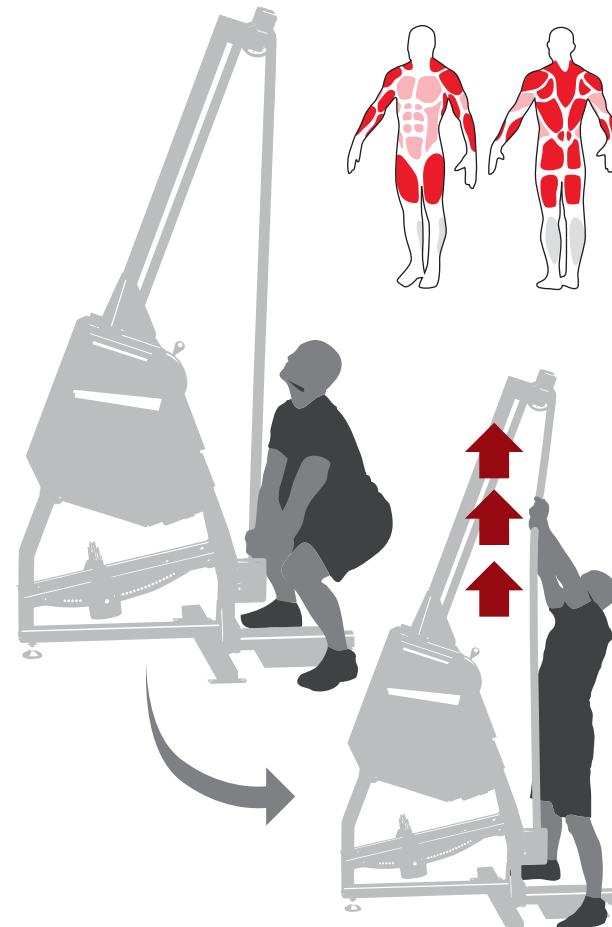
Kneel on bench and position other foot on floor platform. Pull rope using lat and shoulder muscles, focusing on one arm at a time. Before kneeling, move seat carriage to more than your body weight to lockup the seat.

STANDING AB CRUNCH



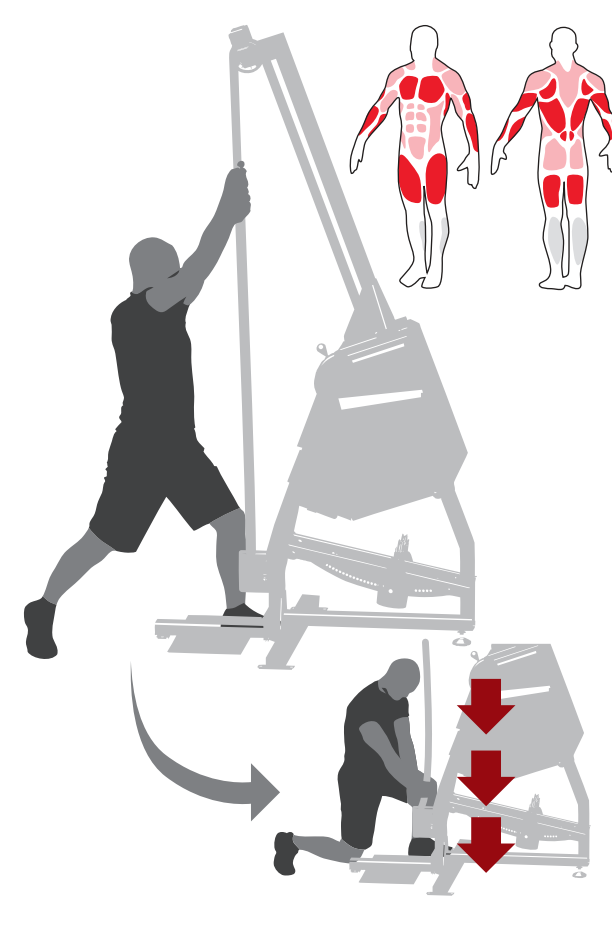
Grip rope with arms extended above head and pull down to a crunch position, focusing on abs.

FIREMAN OVERHEAD PULL



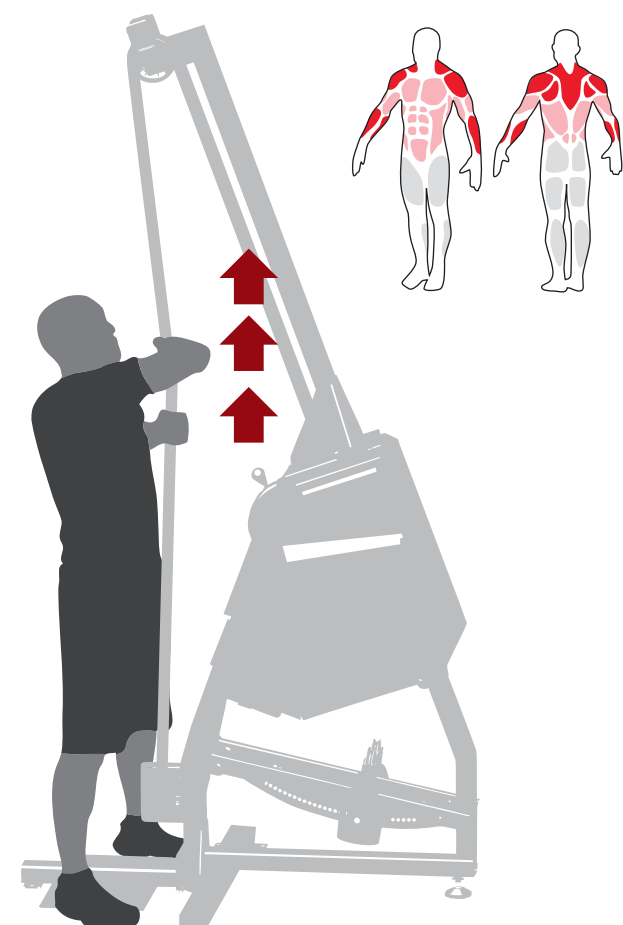
Position your feet on the floor platform. Keeping back straight, lift up first with legs, then continue upward with arms.

STANDING PULL & LUNGE



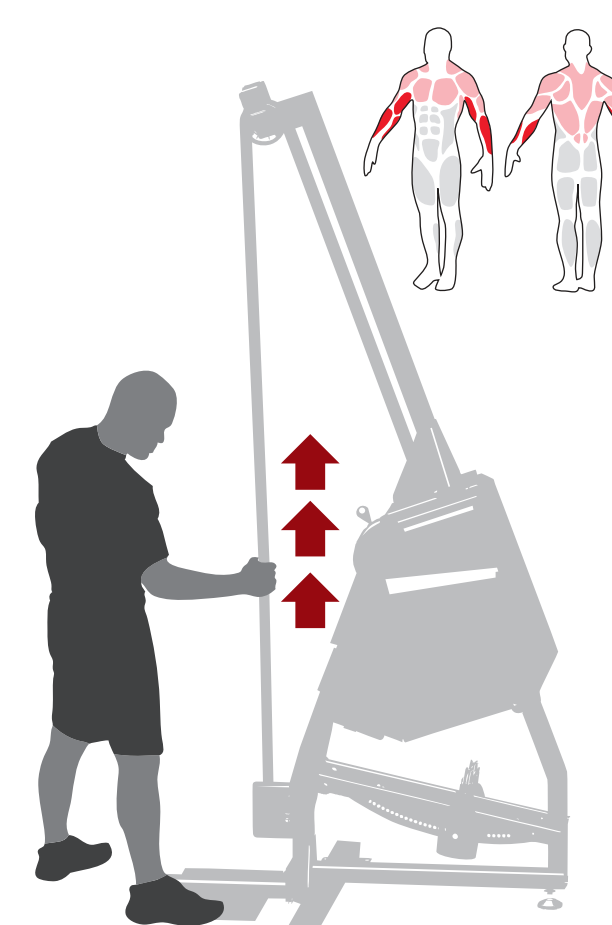
Start with arms extended above head and legs staggered, pull rope all the way down and bring rear knee to the ground. Warning: Keep fingers and hands away from the bottom pulley.

SHOULDER LIFT



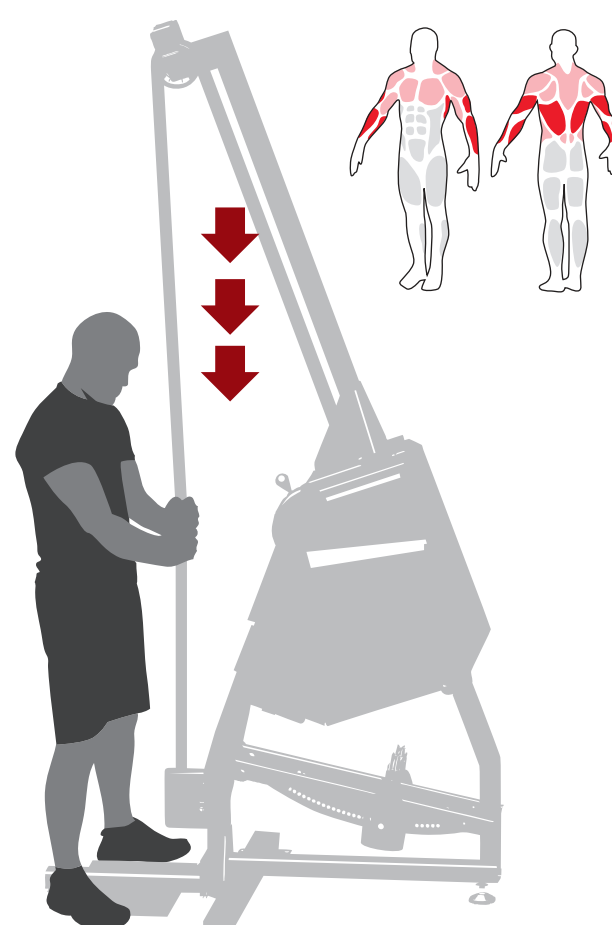
Position your feet on the floor platform. With elbows pointing outward, lift up on rope, one arm after the other. Keep body upright.

BICEP LIFT



Position your feet on the floor platform. Using one or both arms, pull up on rope using biceps while standing upright.

TRICEP PULL



Keeping body upright, bend arms at the elbows and pull down on rope.

CAUTION: Seat will lower when you sit on it.

The V250 Rope Trainer is a versatile and effective tool for strength, cardiovascular and total body conditioning. The Rope Training Programs detailed in this manual are designed for GENERAL FITNESS ENTHUSIASTS as well as for COMPETITIVE ATHLETES. Choose a specific intensity level of either CARDIO, STRENGTH, POWER & ENDURANCE workout program to help you reach your fitness goal.

Before using these workout programs, consult with your physician to ensure that you are healthy enough for exercise. Always rest properly between sets. Light-headedness and dizziness may be signs of over-training or other medical conditions. Should you experience either of these conditions, stop exercising and consult a physician.

Healthy Heart Zone (Warm up)
50 - 60% of maximum heart rate: The easiest zone and probably the best zone for people just starting a fitness program. It can also be used as a warm up for more serious exercisers. This zone has been shown to help decrease body fat, blood pressure and cholesterol. It also decreases the risk of degenerative diseases and has a low risk of injury. 85% of calories burned in this zone are fats!

Easy (Fitness Fat Burning)
60 - 70% of maximum heart rate: This zone provides the same benefits as the healthy heart zone, but is more Anaerobic and burns more total calories. The percent of fat calories is still 85%.

Moderate (Aerobic Endurance Training)
70 - 80% of maximum heart rate: This zone will improve your cardiovascular and respiratory system and increase the strength of your heart. This is the preferred zone if you are training for an endurance event. More calories are burned than with Easy (Fitness Fat Burning) but only 50% of those calories are from fat.

Intense (Anaerobic Performance Training)
80 - 90% of maximum heart rate: Benefits of this zone include an improved VO2 maximum (the highest amount of oxygen one can consume during exercise) and thus an improved cardio-respiratory system, and a higher lactic acid tolerance ability which means your endurance will improve and you'll be able to fight fatigue better. This is a high intensity zone burning more calories than Moderate (Aerobic Endurance Training) but only 15% of those calories are from fat.

Red Line (Maximum Effort)
90 - 100% of maximum heart rate: Although this zone burns the highest number of calories, it is very anaerobic. Most people can only stay in this zone for short periods. You should only train in this zone if you are in very good shape and have been cleared by a physician to do so.

GENERAL AND ATHLETE CARDIO

The following are some suggested exercise options that can be used for the cardio programs. Mix and match as preferred during each workout session: Kneeling Pull Down, Seated Pull Down, Standing Pull Down, Fireman Pull.

Frequency: Two to three days per week.
Start with 3 minutes of light pace for warm up, finish with 3 minutes of light pace for cool down.
See below for program details. Choose a program based on desired intensity.

GENERAL CARDIO PROGRAM

EASY					
Week	Resistance Setting	Set Duration	Rest Period	Sets	Pace
1	1	3 min	1 min	4	Easy
2	1	3 min	30 sec	5	Easy
3	2	3 min	1 min	4	Easy
4	2	3 min	30 sec	5	Easy
5	3	3 min	1 min	4	Easy
6	3	3 min	30 sec	5	Easy

MODERATE					
Week	Resistance Setting	Set Duration	Rest Period	Sets	Pace
1	4	3 min	1 min	4	Moderate
2	4	3 min	30 sec	5	Moderate
3	5	3 min	1 min	4	Moderate
4	5	3 min	30 sec	5	Moderate
5	6	3 min	1 min	4	Moderate
6	6	3 min	30 sec	5	Moderate

INTENSE					
Week	Resistance Setting	Set Duration	Rest Period	Sets	Pace
1	1	1 min	1 min	6	Moderate
2	1	1 min	45 sec	6	Intense
3	1	1 min	30 sec	8	Intense
4	2	30 sec	1 min	5	Intense
5	2	30 sec	45 sec	5	Intense
6	2	30 sec	30 sec	5	Intense

ATHLETE CARDIO PROGRAM

EASY					
Week	Resistance Setting	Set Duration	Rest Period	Sets	Pace
1	1	1 min	1 min	6	Moderate
2	1	1 min	45 sec	6	Intense
3	1	1 min	30 sec	8	Intense
4	2	30 sec	1 min	5	Intense
5	2	30 sec	45 sec	5	Intense
6	2	30 sec	30 sec	5	Intense

MODERATE					
Week	Resistance Setting	Set Duration	Rest Period	Sets	Pace
1	4	30 sec	45 sec	5	Intense
2	4	30 sec	30 sec	5	Intense
3	5	30 sec	10 sec	6	Intense
4	5	30 sec	45 sec	5	Intense
5	6	30 sec	30 sec	5	Intense
6	6	30 sec	10 sec	5	Intense

INTENSE					
Week	Resistance Setting	Set Duration	Rest Period	Sets	Pace
1	5	30 sec	45 sec	5	Moderate
2	5	30 sec	30 sec	5	Intense
3	5	30 sec	10 sec	6	Intense
4	6	30 sec	45 sec	5	Intense
5	6	30 sec	30 sec	5	Intense
6	6	30 sec	10 sec	5	Intense

STRENGTH TRAINING

Workout frequency: Three times per week.
To complete one set perform all exercises listed for that day and for each exercise do 5 reps/pulls, and rest for 2 minutes after completion of all exercises and then start 2nd set.
See below for program details.

Day 1 Exercises	Day 2 Exercises
Fireman Pull	Kneeling Pull Down
Standing Side Pull	Kneeling Lat Pull
Pull & Lunge	Standing Side Pull
Shoulder Lift	Bicep Pull
Standing Pull Down	Tricep Pull
Kneeling Pull Down	Shoulder Lift
Standing Lat Pull	Standing Ab Crunch

Week	Resistance Setting	Sets	Reps	Rest Period
1	7	3	5	2 min
2	7	3	5	2 min
3	7	4	5	2 min
4	7	4	5	2 min
5	7	5	5	2 - 3 min
6	7	5	5	2 - 3 min

POWER TRAINING

Exercises should be executed with maximum velocity.
Workout frequency: Three times per week. Alternate between day 1 and day 2 exercise groups.
See below for program details.

Day 1 Exercises	Day 2 Exercises
Shoulder Lift	Standing Lat Pull
Standing Pull Down	Standing Ab Crunch
Tricep Pull	Fireman Pull
Pull & Lunge	Pull & Lunge
Standing Side Pull	Kneeling Pull Down

Week	Resistance Setting	Sets	Reps	Rest Period
1	3	3	3	2 - 3 min
2	3	4	3	2 - 3 min
3	4	5	3	2 - 3 min
4	4	5	2	2 - 3 min
5	5	5	2	2 - 3 min
6	5	6	1	2 - 3 min

ENDURANCE TRAINING

Complete all exercises in one workout. For each exercise do the number of sets shown in the table below before moving to next exercise, rest 10 seconds between sets. Rest 45 seconds after completion of each group. For further progress, increase resistance every 6 weeks.

See below for program details.

Group 1	
Shoulder Lift	Fireman Pull
Bicep Lift	Kneeling Lat Pull
Group 2	
Shoulder Lift	Standing Side Pull
Standing Pull Down	Tricep Pull
Group 3	
Pull & Lunge	Bicep Lift
Standing Ab Crunch	Standing Pull Down

Week	Resistance Setting	Sets	Time / Exercise	Rest Between Exercises	Rest Between Groups
1	1	2	20 sec	10 sec	45 sec
2	1	2	25 sec	10 sec	45 sec
3	1	2	30 sec	10 sec	45 sec
4	1	3	30 sec	10 sec	45 sec
5	1	2	35 sec	10 sec	45 sec
6	1	3	35 sec	10 sec	45 sec