

Battle Ropes

Portable and easy to use anywhere, adding the battle rope to your fitness regimen will see you achieving better results in quicker time.



Portable



3 Sizes / Weights



Technical Specifications

Rating	Commercial
Sizes	25mm thick 38mm thick 50mm thick
Weight	25mm - 6kg 38mm - 14kg 50mm - 23kg

Key Features

Extremely versatile training tool, ideal for any ability from beginners to elite athletes	•
Works multiple muscle groups simultaneously	•
Spikes metabolism and burns fat	•
Increases aerobic and anaerobic capacity	•
Increases strength and endurance	•
Suitable for indoor and outdoor use	•
Natural Manilla rope covered with a water resistant nylon jacket	•
15m in length	•