



Battle Rope Poster/Chart: High Intensity Training
- Battling Rope - HIIT - HIT - Rope Exercises -
Crossfit - Fast Fat loss - Intense workout - ... Rope
- High Intensity Interval Training

Becky Swan, Michael Jespersen

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11 DIFFERENT BATTLE ROPE SWINGS: a list of variations are included to make hundreds of different Battle Ropes workouts that are unique, fun and functional.

LAMINATED POSTER: protects the poster from tearing, moisture and reduces fading.

INFORMATIVE: used in high intensity training, battling ropes are ideal for full body workouts that maximize fat burning ability of your body, as well as tone and condition at the same time.

PERFECT FOR GYMS: the **Battle Rope Poster** is an indispensable resource for any fitness facility, CrossFit box, or home gym. 24 x36 inch laminated poster.

100% MONEY BACK SATISFACTION GUARANTEE

PLEASE READ:

The reason you will find our fitness posters in *Community Centers, Hospitals, Clinics, High Schools and Military installations* is we work to a higher standard. Quality is important.

- Our posters are designed and created by **fitness experts** with University degrees in **Exercise Physiology** and **Human Kinetics**.
- We put a lot of thought into providing safe, efficient exercises while also educating users on proper exercise technique and terminology.
- In order for the images to be precise, we only use personal trainers or aspiring exercise physiologists who have an understanding of proper body positioning (proprioception) to be fitness models. Experience has told us you cannot replicate proper form using non-fitness models.
- Posters are printed on 100lb. gloss paper and then laminated for durability.

BTW: At one point we considered using **DRAWINGS** instead of real-life models as a cost saving measure, but found it was difficult to convey the nuances of safe, effective body movement and positioning.

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Milton Jones:

This book untitled Battle Rope Poster/Chart: High Intensity Training - Battling Rope - HIIT - HIT - Rope Exercises - Crossfit - Fast Fat loss - Intense workout - ... Rope - High Intensity Interval Training to be one of several books that best seller in this year, that's because when you read this book you can get a lot of benefit in it. You will easily to buy that book in the book retailer or you can order it by way of online. The publisher with this book sells the e-book too. It makes you easier to read this book, as you can read this book in your Smart phone. So there is no reason to you personally to past this guide from your list.

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Cynthia Caron:

People live in this new day time of lifestyle always aim to and must have the time or they will get large amount of stress from both day to day life and work. So , if we ask do people have free time, we will say absolutely without a doubt. People is human not only a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the book you have read is actually Battle Rope Poster/Chart: High Intensity Training - Battling Rope - HIIT - HIT - Rope Exercises - Crossfit - Fast Fat loss - Intense workout - ... Rope - High Intensity Interval Training.

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