SRJBO

Battle Rope

LEVEL 1

SRJBO TRAINING LIBRARY

Battle Rope – Alternating Single Arm Waves

EX-0017

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Battle Rope – Sidewinders

EX-0030

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Battle Rope – Stage Coach

EX-0018

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Battle Rope – Snakes

EX-0024

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LEVEL 2

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Battle Rope – Rainbows

EX-0029

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Battle Rope – Switch Stance Stage Coach

EX-0036

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Battle Rope – Unilateral Waves

EX-0032

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Battle Rope – Unilateral Outward Circles

EX-0033

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LEVEL 3

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Battle Rope – Rope Slams

EX-0025

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Battle Rope – Rope Hook

EX-0035

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Battle Rope – Stage Coach With Reverse Lunge

EX-0026

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Battle Rope – Alternating Waves With Get-up Lunge

EX-0038

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