



revvll ONE Rope Trainer

Absolute freedom of movement

The aerobis revvll ONE offers the best entry into endless rope training. With continuously variable resistance for multi-purpose exercising, its robust construction makes it perfect for beginners. A total weight of less than 5 kg means it can be used almost anywhere. The revvll ONE is developed and manufactured in Germany, offering the highest quality for private users, personal trainers, and gyms.

The revvll ONE uses a mechanical and progressive friction braking system for its 3.5m (11.5ft) long rope made of durable polyurethane. Since the resistance can be adjusted between very easy to extremely hard, the revvll ONE is well-suited to beginners, and passionate rope climbers who want to take their training to the next level. Its extremely sturdy construction, makes the revvll ONE perfect for tough training. It is simple to attach and requires no special tutorial.

revvll®



Why you need endless rope training

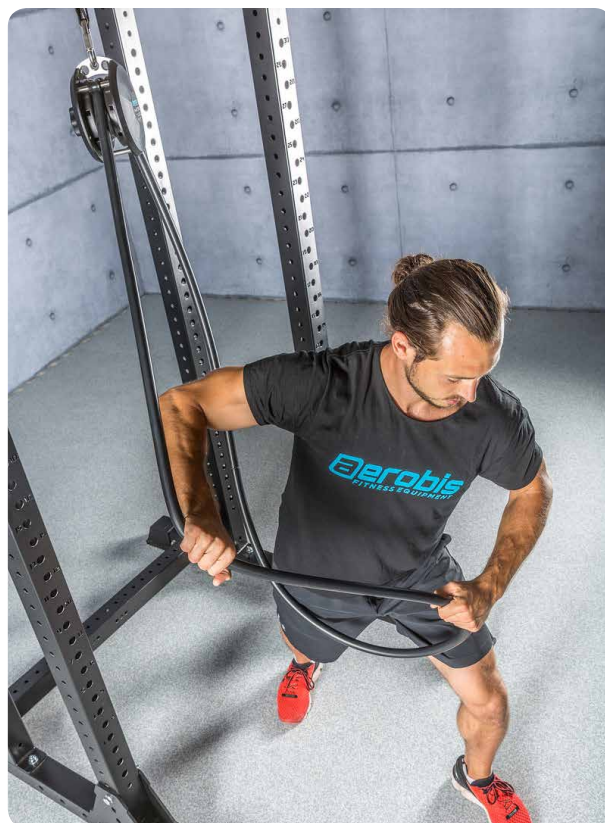
Endless rope trainers, or rope resistance trainers, provide probably the most effective way to train strength and endurance in the upper body and core. The stoop position during training requires your legs to work hard too. Training with this rope trainer is more versatile than any other training form. Depending on your position towards the **revvll ONE**, and its mounting height, you have different pushing, pulling, and rotating movements that leave no muscles untouched. With the adjustable resistance, the training focus can be shifted progressively between extreme strength and endurance. The unusually high time under tension, in combination with the unmatched freedom of movement, results in maximum training of the upper body in the shortest amount of time.

Rope pull fitness on a new level

When we hear the term rope pull fitness, we think of battle ropes, rope climbing in the gym, training towers and other types of pulling apparatus. What about an endless rope? The revvll® rope trainer is the perfect fitness piece for your rope pull fitness.

The many advantages of rope pull training include:

- High flexibility
- Training of intermuscular coordination
- Gentle strength training for rehabilitation
- Complete motion sequences
- Training of sport specific movements
- Low risk of injury



The advantages of the revvll® rope pull trainer

The greatest advantage of the revvll® is its small size and mobility. revvll® endless rope trainers can be used indoors as well as outdoors; wherever you have something to hang on. Thanks to the anchor sling and the anchor carabiner included, the **revvll ONE** can be hung from almost any structure. Hang it on any rack, rig, pole, climbing frame or tree and rope pull training can begin. For more stable mounting of the revvll® we recommend using two carabiners. The anchor point must be able to withstand a tensile load of at least 300kg (660lbs).

The adjustable resistance of the endless rope trainer provides excellent strength training opportunities and demanding endurance training. Pulling exercises are possible from above, horizontally, and from below, with pulling towers. revvll® rope trainers are hugely motivating and fun to use in paired exercises.

Comparison to the big brother

The **revvll PRO** uses a professional indirect braking system that creates the optimal flow during training. The rope runs on smoothly when changing hands, because the eddy current brake doesn't immediately stop the rope. The PRO's pre-defined adjustment settings make professional training programming easier. The **revvll ONE** rope can be moved in both directions and handling is very intuitive. The sturdy construction is very forgiving when it comes to rough handling, and the resistance can be set progressively from very easy to extremely hard. The **revvll ONE** is even more compact and lighter than the **revvll PRO**.



£589.00 INC VAT

SKU: 000806

- Patented and most advanced endless rope trainer
- Professional quality for highest gym demands
- Excellent strength and endurance training opportunities
- Push, pull, and rotate with continuously variable resistance
- Extremely compact, light, and can be used almost anywhere
- Professional friction-based braking system for immediate braking
- Perfect for impulsive training situations
- 3.5 metre durable polyurethane rope
- Includes anchor sling with carabiner, exercise poster and manual
- Online introduction video, training plans and real time workouts
- Free second carabiner for ultimate stability

Rope dimensions:

Length: 3.5m, Width: 25mm

Total weight: 4.7kg

Warranty: 1 year

PERFORMANCE FEATURES & SPECIFICATION