



We Change Lives from the Core®



# 2 Training Methods 1 Awesome System



## ABOUT THE BATTLE ROPE ST®

Two great training methods in one awesome system!  
This unique system combines Body Weight Strength Training and Battle Rope training in ONE fun, engaging and effective workout! Perform Standing Oscillations, Chest Fly, Knee Ins, Slams, Hi Rows and more.

### Dimensions:

Unit Weight:

Handles: 6 lb (2.7 kg)

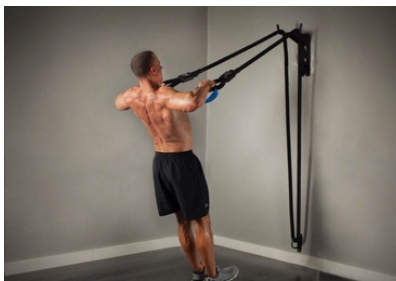
Rope: 14 lb (6.2 kg)

## FEATURES

- 6lb weighted handles
- 10 ft rope - half the length of traditional ropes
- Strength training & rope training in one system
- Easily attaches to any wall
- Dual function upper mount attaches to cage for SGT



Use The Battle Rope ST® Bracket System to easily mount to any wall in your home or fitness facility.



Perform Chest Fly, Curls, Hi Rows and more using the upper bracket on the BRST System.



Perform Standing Oscillations, Slams and more using the lower bracket on the BRST System.

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www.TheAbsCompany.com

