

# Program Overview

**TRX® Boot Camp™ : Ropes and Straps** is a unique blend of TRX® and jump rope intervals that builds total-body strength and cardiovascular conditioning. It will make you stronger, leaner, more agile – a better performer in sports and in life. The program takes 50 minutes to complete, including a jump rope warm up, high intensity workout, and cool-down stretching routine on the TRX.

## Requirements

This program assumes you are active, healthy and are injury free. It is designed for exercisers of intermediate to advanced fitness levels. We recommend use of a quality jump rope; high-performance Buddy Lee Rope Master jump ropes are available for purchase at [www.fitnessanywhere.com](http://www.fitnessanywhere.com).

## Program Instructions

For best results, perform this workout 2-3 times per week. Keep rest to a minimum and always complete the exercises with good form and technique. Improve your jump skills and maximize workout benefits by watching the jump rope clinic included in the DVD. Refer to the workout chart and DVD for more

detailed instructions.

## How to Progress

The TRX® exercises and jump rope segments are performed in timed sets, allowing you to set baselines and challenge yourself with every workout. Once you can perform a TRX® exercise with proper form for the allotted time, increase the difficulty of the exercise and/or perform more reps in the same interval. As your jump rope skills improve, increase the cardio challenge by jumping faster.

## Train Safe

Consult your physician before beginning this or any exercise program. Safely attach your TRX® to an anchor point strong enough to support your body weight. Inspect your TRX® before every use. Replace worn or damaged components immediately. Failure to follow these guidelines could result in injury.

## What's Next?

Visit [www.fitnessanywhere.com](http://www.fitnessanywhere.com) for expert advice, free workout features, online videos and to ask questions and exchange ideas in our TRX® community forums. Check out the other TRX® Suspension Training® programs available in our online store. 3