

Rope Training

Course Guide



Recognised Certification

Our online training course will lead to an **Amac Certificate in Rope Training**. It has been endorsed by PD:Approval for the Register of Exercise Professionals (REPs). Members of REPs may use these points towards their CPD requirement.

Entry Requirement

Over 16 and hold a recognised level 2 fitness instructor qualification.

Course Overview

Rope training (also known as Warrior or Battle Ropes) is an extremely effective training method that offers impact-free movement while increasing your core, shoulder and grip strength. It is an excellent form of cardio training as you slam the ropes down for strength, power and endurance.

Following the online course, you will be ready to start incorporating rope training with either groups of clients or in 1-2-1 PT sessions. You will learn about the most common exercises for making waves and slams. These can be varied in countless combinations.

Course Content

- Benefits of rope training
- Rope exercises
- Progressions, regressions and variations
- Designing rope programmes and sessions
- Teaching individual clients and groups

Course and Assessment

This is an online course. There is a short assessment which once passed will enable a certificate to be downloaded.

What next?

- Indoor Group Cycling
- Combat Training
- Kettlebell Training
- Sandbag Training

