

Braided Fitness Training Rope

This training rope is designed for intense workouts. It is constructed from durable, abrasion-resistant materials, providing exceptional grip and longevity.



ADDITIONAL IMAGES



Product Overview

Professional Training Cordage

This high-performance braided training rope is engineered for durability and longevity in intense fitness environments. It features a specialized braided construction that provides an abrasion-resistant, soft, and smooth texture for superior grip and user comfort. Designed for a wide range of conditioning exercises, it is the ideal choice for professional-grade strength and resistance training.

Technical Specifications

Material	Polyester
Key Performance Features	Durable, Corrosion Resistant, Abrasion Resistant, Soft Texture, Smooth Handling

Usage and Safety

Recommended Applications

- Swing exercises
- Shaking routines
- Spinning movements
- Climbing
- Throwing

Operational Warnings

- Do not use for overhead lifting
- Do not exceed working load limit
- Shock loads can reduce load capacity by 33%
- Knots reduce total rope strength by 40%
- Inspect regularly for broken fibers or wear