

# Battling Ropes Partner Ropes Training

by John Brookfield

**Battling Ropes® Partner Rope Exercises:** <http://youtu.be/pva3Inpn-EA>

[Battling Ropes Partner Rope](#) training is yet another unique concept to the Battling Ropes training system. The Partner Ropes offer an extremely engaging way to train with a partner in which you can simply encourage your partner to keep going and not quit or you can actually compete against the other person. I have even organized some events in the past using the partner ropes in competitions. Many coaches greatly appreciate these ropes due to the fact it forces their players to engage at all times and keeps them from holding back and not doing their best.

The Partner Ropes have many uses and drills but we will look at a few basic ones with a partner and also one drill that is done by the individual that can be extremely difficult and produces great results. The partner ropes come in diameters of 1.5 and 2 inches. The lengths are usually 16.5 feet. To start, you simply loop the ropes together in the middle and pull them back so the ends are even when you are grasping them. It is also important when you are training with a partner to have a little slack in the ropes and not have them pulled too taut, where the ropes can't create the wave motion.

## 1. Standing Partner Drill

In this drill you simply loop the ropes together evenly while in the standing position and back up where there is still a little bit of slack in the ropes. From here you and your partner simply start to create the waves rapidly by whipping the ropes. It is not important to try and mimic your partner; simply create your own waves and try to sustain as long as possible without stopping. You will also need to keep a good grip on the ropes due to the constant motion created by your partner's waves. On this drill you can also use some footwork instead of simply standing in one place. You can move in a lateral direction with your partner or even move in a circular direction with your partner while keeping the waves going.

## 2. Kneeling Partner Drill

This drill is set up and implemented in the same fashion as the standing partner drill only this time you are in the kneeling position which offers a very different feel. You will feel your core really engage while you struggle to maintain your position as you fight against the waves being created by your partner. Once again, be sure to have a little slack in the ropes so you can create the waves. Try to sustain the waves as long as possible without stopping or slowing down.

## 3. Seated Partner Drill

This drill is done in the same fashion as the first two drills only this time you're in the seated position. In this position you won't feel much leverage so you will have to use quite a bit of upper body power to keep the waves in motion. You will also feel a direct and surprising workload in your abs while you sustain the waves. As in the other drills you want to sustain as long as possible and always try to increase your duration of time without stopping or slowing down. Also, try to increase your intensity and velocity on the rope as your duration of training time increases.

You can also try to do these three drills together without stopping by simply moving from the standing position to the kneeling position and to the seated position while maintaining the waves.

## Individual Drill

**Individual Battling Ropes Partner Rope Drill:** <http://youtu.be/ZtJ9wsVKPMo>

The individual drill I mentioned earlier is a drill you will, for sure, want to implement. With this drill you will need only one of the partner ropes and something smooth to wrap the rope around such as a rack, pole or even goal post on the field. To start, loop your partner rope around the pole with the rope about chest high and step back so that there is a little tension on the rope. Now, step in slightly and start to whip the rope quickly to create the wave action. As long as you can keep up your intensity and speed the rope will move on the pole; however if you lose your speed and velocity the rope will slip down the pole onto the ground. This drill will force you to engage with sustained intensity. Be sure to try to push yourself and keep the rope moving on the pole and don't let it slip to the ground. Also, as always, push yourself to increase your duration of training time as you keep the rope moving on the pole. If you feel too much tension on the rope be sure to step a little closer to your pole or anchor point.

Now that I have given you a few new ways to train using the Partner Ropes it is time for you to get started and give it a try with your client, athletes or team. The [Battling Ropes Partner Ropes](#) will, for sure, give you some new ways to train and reach your peak performance.