The Battling Ropes training system is a system like none other. It allows the athlete to compete or train at a much higher level of intensity over longer durations of time.

The result of this is due to the fact that the athlete is forced to train with constant velocity instead of momentum. The great thing about pure velocity training is that to sustain velocity you must use both strength and speed at the same time.
When this takes place the athlete makes gains in both strength and speed. What’s even better the athlete is able to maintain both strength and speed over longer time frames than they usually can.

A tremendous amount of mental toughness is also developed due to the fact that with the Battling ropes training there is no time to rest either mentally or physically. Any athlete no matter what their ability and conditioning level will still struggle and find the Battling Ropes training difficult and demanding.

The body, even with highly trained athletes, is not used to maintaining this type of constant intensity for lengths of time. The great news is that the body will adjust to this missing link in training when the person persists with this training.

The results will be amazing and will transfer into the athletes chosen battlefield. The Battling Ropes training can be done as an individual, with a partner or even a team or group.

**There are seven different concepts or elements to the training system.**

**The first two are velocity endurance and strength endurance.** As the name implies the training is done with ropes and the results are simply amazing to say the least.

Aside from developing the ability to compete and train at a higher level of intensity, you will also develop a much higher anaerobic capacity and a stronger more functional grip that won’t tire out.

In fact the Battling ropes system will develop a much stronger, more functional grip than anything I have ever experienced. The reason for this is because you have to react to constant change and movement that the ropes create in a twinkling of an eye. As I mentioned earlier the first two concepts or elements of the Battling Ropes are velocity endurance and strength endurance.
In this article we will take a look at the first concept: the velocity endurance. It is also important to understand that the velocity endurance is also the foundation of the system which should be built off of. To start athletes off with the training I either start them on a standard Battling Rope which is fifty foot in length and a inch and a half in diameter or a fifty foot rope which is two inches in diameter.
The objective is to be able to keep the entire rope flowing and creating a wave or waves as you move and whip the rope. To start you can simply take one end of the rope around a smooth pole which acts as an anchor. This will leave you with an end of the rope in each hand. From here the idea is to stretch the rope out away from the pole.

However, be sure to leave a little slack in the rope so that you can create the wave action in the ropes. Once you are in this position start to move your arms quickly up and down alternating them. As you are doing this powerfully you will see waves in the ropes rolling into the pole. You will also notice that the faster and harder you alternate your arms with the rope the more waves you will see flowing to the pole.

Fight to keep your arms moving and the waves flowing quickly into the pole while striving to keep your pace without slowing down. You will see that by doing this you are using velocity which is a combination of strength and speed. You will find that this basic velocity exercise with the ropes will be quite demanding and difficult to keep up the waves in the rope going.
You will also see that when you slow or lose your pace the waves in the rope will greatly slow and not make it to the pole. By watching the waves go into the pole you will have visual motivation to push yourself.

**A good formula** on this exercise is to try to go hard for 60 seconds creating a series of waves. When you stop, keep it brief and then come back again trying for another 60 seconds hard.

Try to keep your rest periods as short as possible until you can keep going without stopping for a full several minutes. If you can’t go for 60 seconds keeping the waves in the rope go as long as possible and stop briefly and come back again and again increasing your durations of time on the ropes.

Please remember that your body will adjust and the foundation of the Battling Ropes training is being able to sustain over time. After training with this exercise for awhile as you persist and push yourself you will see a huge ability to train or compete at a higher level of intensity for longer durations of time which will transfer into anything that you do.

With this Battling Ropes exercise it is important to understand that the hands can be used gripping the ropes underhanded or overhanded. You will notice that there is a big difference in how the exercise feels using the difference grips. Even though the exercise objective is to sustain velocity over time the muscle groups will be changed by the different grips.

**The underhanded grip** - Simply grip the ropes underhanded as if you were going to curl a weight. You will notice the velocity exercise this way will focus a bit more on the biceps than the over handed grip.
The overhanded grip - Simply grip the ropes overhanded as if you were going to press a weight overhead. With this movement you will notice a little bit more emphasis being put on the shoulder muscles throughout the exercise.

I highly suggest implementing both grips into your training to get a different feel with the exercise. This will also give you an advantage to being able to adjust on your chosen battlefield.

John Brookfield is a multiple world record holder and the creator of the Battling Ropes training system. To learn more about John Brookfield please visit www.battlingropes.com.

For more hard core training methods that produce powerful results go to http://UndergroundStrengthCoach.com