

## duvide Pullpushrope Workout #1

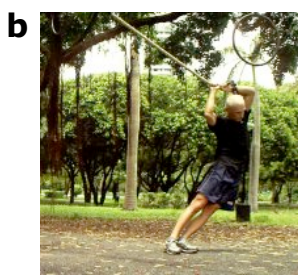
Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.

After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.



### Overhead Squat

Hold rope in overhand grip and extend arms overhead. Keep arms extended overhead while doing squats. Keep heels on ground.



### Standing Hip Pull-push

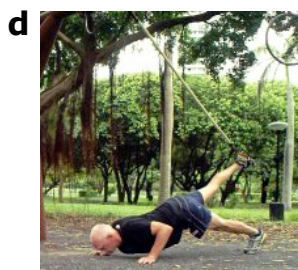
Stand perpendicular towards anchor point while holding rope in parallel overhand grip overhead.

Push hip down and pull back without twisting body.



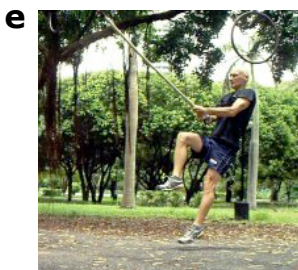
### Single-arm Neck Pull

Stand perpendicular to anchor point grabbing rope with one hand and lean back. Pull yourself up flexing neck. Keep arm extended and core straight. Similar: shrugs



### Susp. Incl. Leg-down Push-up

Slip one foot into loop-end facing towards anchor point with rope passing at back. Leg down supports arms & shoulders pushing body up.



### Single-Leg Squat with Hop

Squat on one leg and finish with hop.



### Rope Paddling

Simulate paddling by holding rope with inner hand in overhand grip and outer hand in underhand grip.

Pull rope to inner hand's side of body at hip height. Support pull with torso rotation.

## Stretching



Frontal Leg Stretch



Cross Leg & Hip Stretch

## duvide Pullupshro Workout #2

Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.

After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.

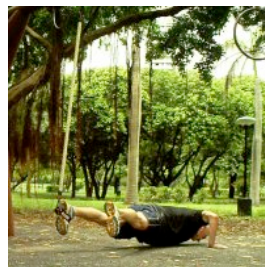
**a**



### **Crossing Side Lunge**

Cross and lunge in front by rotating hip while keeping position of upper body square to anchor point. Go from side to side while also switching hands - inner hand is of same side which goes down.

**b**



### **Suspended Single-leg Push-up**

One foot in loop-end and other leg extends abducted while doing push-ups.

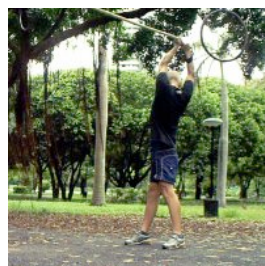
**c**



### **Suspended Lunge with Hop**

Finish suspended lunge with hop.

**d**



### **Overhead Torso Twist**

Hold rope with both hands and lean back. Raise extended arms overhead and twist torso to same side of inner hand. Head follows rotation.

**e**



### **Single-arm Chest Pull**

Hold rope with one hand and pull towards chest. Keep shoulders squared to anchor point and core engaged.

**f**



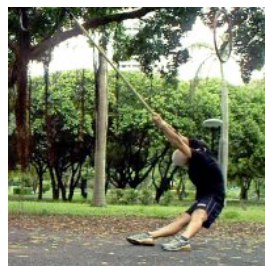
### **Suspended Donkey Pull-push**

Rest on hands with one foot in loop-end. Pull other leg to chest and push back with little extra raise for glutes engagement.

## Stretching



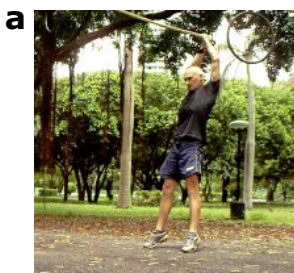
### **Side Leg Stretch**



### **Long Torso Twist Stretch**

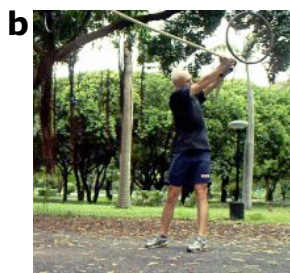
## duvide Pullpurope Workout #3

Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.  
After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.



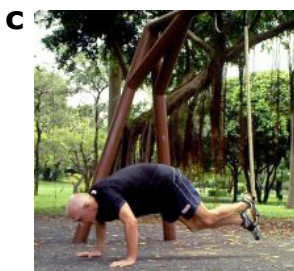
### Squat with Overhead Stretch

Overhand grip with arms extended in front. Start in squat position. While getting up simultaneously raise extended arms overhead describing an arc. Finish with full body stretch from toes to hands.



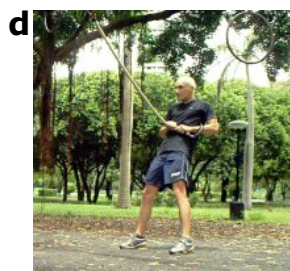
### Wide Torso Rotation

Hold onto rope using both hands and lean back. Extend arms in front at shoulder height. Rotate torso to same side of inner hand. Movement is driven from back and core, not arms. Head follows hands.



### Suspended Push-up & Crunch

One foot in loop-end and other on top while doing push-up followed by a crunch.



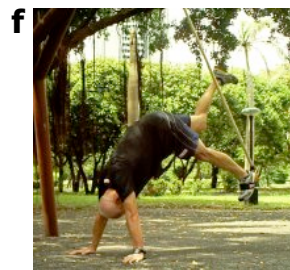
### Rope Rowing

Hold rope with both hands in parallel overhand grip. Lean back and pull toward belly button.



### Standing Pull-down

Pull rope with both hands down towards groin. Keep arms extended and core straight.



### Suspended Kick-flex

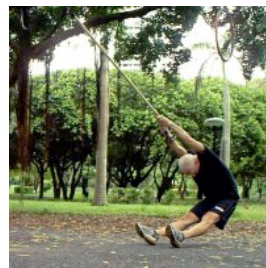
Place one foot in loop-end facing towards anchor point with rope behind back. Move down & extend leg as if kicking, thus raising the hip. Inactive leg extends loosely.

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## Stretching



### Frontal Leg Stretch



### Lower Back Stretch

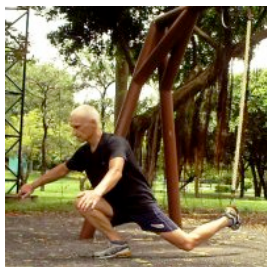


## Duvidé Pullpushrope Workout #4

Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.

After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.

**a**



### Suspended Lunge

Lunge with back leg suspended in loop-end with back towards anchor point. Keep heel on ground.

**b**



### Throw-in Pull-push

Hold rope with both hands behind neck with back towards anchor point. Pull and push arms overhead until fully extended engaging chest and triceps. Resembles soccer ball throw-in.

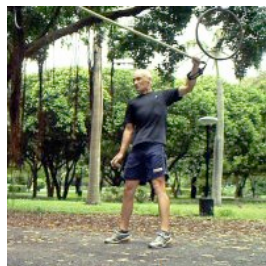
**c**



### Suspended Oblique Crunch

One foot in loop-end with other on top while torso tilting to side and pulling knees to chest sideways.

**d**



### Single-arm Deltoids Pull

Grab rope with one hand and pull back with extended arm at an 45 degree angle.

**e**



### Incline Rope Climbing

Simulate rope climbing. Hold rope with a deep body angle position. Climb up and down with feet remaining on ground.

**f**



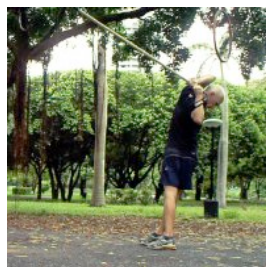
### Single-leg Pull-through

Rest one foot in loop-end while other leg abducts. Pull bottom through arc of arms. Push back by extending body towards anchor point engaging core.

## Stretching



### Side Leg Stretch



### Short Torso Twist Stretch

## duvide Pullpushrope Workout #3

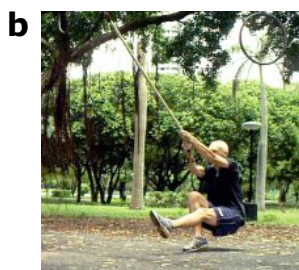
Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.

After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.



### Toes-up Side Lunge

Lunge down sideways alternately with toes of extended leg pointing up.



### Single-Leg Squat

Squat down on one leg while keeping balance by holding onto rope. Keep heel on ground.



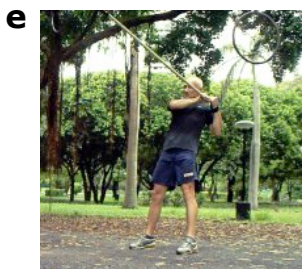
### Single-arm Chest Push

Hold rope using one hand with back towards anchor point. Push back while keeping shoulders squared to anchor point and core engaged.



### Suspended Jack-knife

One foot in loop-end with other on top while pushing up hip and pulling extended legs toward chest with hinging at hip.



### Asymmetric Biceps Pull

Hold rope with both hands in overhand grip and pull towards shoulder of inner hand. Maintain body alignment.



### Side Plank with Hip Push

One foot in loop-end with other on top. Rest on elbow with support from top arm. Pull and push hip up and down. Keep knees, hip and shoulders in line.

## Stretching



### Frontal Leg Stretch



### Neck & Shoulder Stretch

## duvide Pullpushrope Workout #6

Do each exercise for **one minute** with **30 seconds break** inbetween. Do 2-4 cycles.

After a full cycle pause for 1.5 minutes. If exercise is a single leg/arm exercise **change arm/leg** after 25 seconds. Cool down with stretching.



### **Abducted Balance Lunge**

Extend leg to side while squatting.  
Keep heel on ground.



### **Standing Roll-out**

Hold rope with both hands overhead. Back towards anchor point. Pull down extended arms, keep shoulders steady & core engaged. Simulates ab-wheel.



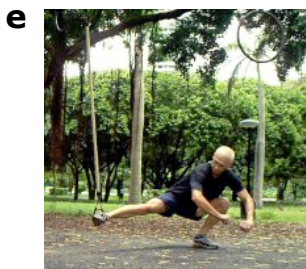
### **Single-Leg/Single-Arm Plank**

Support plank with one elbow while opposite foot is suspended in loop-end. Face the ground and keep hip and shoulders in line.



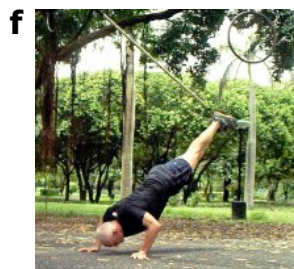
### **Single-arm Long Body Pull**

Hang with one hand onto rope facing anchor point. Rotate torso as if to reach floor with other arm. Pull body up by focusing on back & core movement. Touch rope at maximum reach.



### **Suspended Abducted Lunge**

Lunge with leg suspended out to side. Keep back straight.



### **Suspended Incline Push-up**

Slip one foot into loop-end facing towards anchor point with rope behind back. Hold other leg parallel. Push body up body by engaging arms, shoulder & core.

## Stretching



**Calf Stretch**



**Cross Leg & Hip Stretch**