

## Recommendations for Use\*



AGE		ROPE Trainer	Dual Threat Trainer	Triple Threat Trainer
<b>9 &amp; under</b>	Times per week	3		
	Repetitions per workout	25-30		
	Total per week	90 maximum		
<b>10-12</b>	Times per week	5		
	Repetitions per workout	25-30		
	Total per week	150 maximum		
<b>13-15</b>	Times per week	5	3	
	Repetitions per workout	25-30	25-30	
	Total per week	125 maximum		
<b>16 &amp; older</b>	Times per week	6	4	3
	Repetitions per workout	25-30	25-30	25
	Total per week	180 maximum		

\* These are intended as general recommendations for use. All players are different. Factors such as, but not limited to, technique, mechanics, skills, experience, physical development, and age should be taken into account. Consult your coach or trainer for a more personalized program for using The ROPE Trainer.