

REBUILD STRENGTH: The 12-Week Home Transformation

ANCHR GEAR | STRENGTH WITHOUT THE CHAOS

DISCLAIMER

Consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

THE PHILOSOPHY: UNLEASH THE ROPES

Most people think battle ropes are just a “finisher” to burn a few extra calories at the end of a workout. **They are wrong.**

With **ANCHR Wireless Battle Ropes**, you aren’t tethered to a wall. You have total freedom of movement. This program uses that freedom to turn the ropes into your primary tool for building explosive power, core stability, and functional strength.

We use **Contrast Training:** Pairing a heavy strength movement (using dumbbells or bodyweight) immediately with an explosive rope movement. This forces your muscles to fire at maximum capacity even when fatigued.

EQUIPMENT NEEDED

1. **ANCHR Wireless Battle Ropes:** The centerpiece of this program.
 2. **Dumbbells:** A pair of adjustable dumbbells or a few fixed pairs.
 3. **Yoga Mat:** For floor work.
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THE WARM-UP (MANDATORY)

Duration: 5-7 Minutes

1. **Rope Jumping Jacks:** 60 seconds (Hold ropes in hands, standard jack motion)
 2. **Rope Arm Circles:** 30 seconds forward, 30 seconds backward (Large circles with ropes)
 3. **Bodyweight Squats:** 15 reps
 4. **Walkouts:** 10 reps
 5. **Torso Twists:** 20 reps (Holding one rope handle at chest level)
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PHASE 1: FOUNDATION & FLOW (WEEKS 1-4)

GOAL: Master the wireless rope mechanics. Build shoulder endurance and core stability. **SCHEDULE:** 3 Days/Week (Mon, Wed, Fri). **REST:** 60 seconds between supersets.

SUPERSET STRUCTURE: Perform Exercise A, immediately perform Exercise B (Rope). Then rest.

WORKOUT A (MONDAY) - PUSH & POWER

- **Superset 1:**
 - 1A. **Dumbbell Goblet Squats:** 12 reps
 - 1B. **ANCHR Alternating Waves:** 30 seconds (Fast, rhythmic waves)
 - *Repeat 3 times.*

- **Superset 2:**
 - **2A. Push-Ups:** 10-12 reps
 - **2B. ANCHR Double Slams:** 15 reps (Both arms up, slam down hard)
 - *Repeat 3 times.*
- **Superset 3:**
 - **3A. Dumbbell Overhead Press:** 12 reps
 - **3B. ANCHR Jumping Jacks:** 30 seconds (Weighted cardio)
 - *Repeat 3 times.*

WORKOUT B (WEDNESDAY) - PULL & CORE

- **Superset 1:**
 - **1A. Dumbbell RDL (Deadlift):** 12 reps
 - **1B. ANCHR Power Slams:** 20 reps (Focus on hinging at the hips)
 - *Repeat 3 times.*
- **Superset 2:**
 - **2A. Single-Arm Dumbbell Row:** 12 reps/side
 - **2B. ANCHR Lateral Whips:** 30 seconds (Whip ropes side-to-side, engaging obliques)
 - *Repeat 3 times.*
- **Superset 3:**
 - **3A. Plank Hold:** 45 seconds
 - **3B. ANCHR Russian Twists:** 20 reps (Sit on floor, tap rope handles side to side)
 - *Repeat 3 times.*

WORKOUT C (FRIDAY) - FULL BODY FLOW

- **Circuit (Perform one after another, rest 90s at end):**
 1. **Dumbbell Thrusters:** 12 reps

2. **ANCHR Burpee Slams:** 10 reps (Slam, drop to chest, pop up, slam)
 3. **Reverse Lunges:** 10 reps/leg
 4. **ANCHR Uppercuts:** 30 seconds (Alternating upward punches with ropes)
 - *Repeat Circuit 4 times.*
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PHASE 2: HYPERSTROPHY & TENSION (WEEKS 5-8)

GOAL: Muscle Growth. Time Under Tension. **SCHEDULE:** 4 Days/Week (Upper/Lower Split). **REST:** 45 seconds.

We slow down the strength reps, but keep the rope reps explosive.

WORKOUT A (MON/THU) - UPPER BODY

- **Superset 1:**
 - 1A. **Dumbbell Chest Press:** 12 reps (3-second negative)
 - 1B. **ANCHR Chest Flys:** 15 reps (Standing, wide arc slams)
 - *Repeat 4 times.*
- **Superset 2:**
 - 2A. **Bent Over Rows:** 12 reps (Squeeze at top)
 - 2B. **ANCHR In-Out Waves:** 30 seconds (Cross arms in front, then open wide)
 - *Repeat 4 times.*
- **Superset 3:**
 - 3A. **Bicep Curls:** 12 reps
 - 3B. **ANCHR Drummer Slams:** 30 seconds (Short, fast alternating slams like drumming)
 - *Repeat 3 times.*

WORKOUT B (TUE/FRI) - LOWER BODY

- **Superset 1:**

- 1A. **Dumbbell Sumo Squats:** 12 reps
- 1B. **ANCHR Squat Hold Waves:** 30 seconds (Hold bottom of squat, maintain waves)
- *Repeat 4 times.*

- **Superset 2:**

- 2A. **Bulgarian Split Squats:** 10 reps/leg
- 2B. **ANCHR Lunge Slams:** 10 reps/leg (Step into lunge, slam ropes as foot lands)
- *Repeat 3 times.*

- **Superset 3:**

- 3A. **Glute Bridges:** 15 reps
 - 3B. **ANCHR Rainbows:** 20 reps (Arc ropes from left hip up and over to right hip)
 - *Repeat 3 times.*
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PHASE 3: UNTETHERED POWER (WEEKS 9-12)

GOAL: Explosiveness, Agility, Fat Loss. **SCHEDULE:** 4 Days/Week. **REST:** Minimal.

This phase utilizes the **wireless** advantage. We move around the room.

WORKOUT A (MON/THU) - DYNAMIC MOVEMENT

- **Complex 1:**

- **Walking Lunge Waves:** 20 steps total (Walk forward while maintaining alternating waves)
- **Reverse Lunge Slams:** 20 steps total (Step back, slam ropes)

- Rest 60s. Repeat 4 times.
- **Complex 2:**

- **Lateral Shuffle Slams:** 30 seconds (Shuffle left 3 steps, slam, shuffle right 3 steps, slam)
- **360° Spin Slams:** 10 reps (Jump and spin 180 or 360 degrees, land in slam)
- Rest 60s. Repeat 4 times.

WORKOUT B (TUE/FRI) - THE GRIND (HIIT)

- **EMOM (Every Minute on the Minute) for 20 Minutes:**
 - **Minute 1:** 15 Dumbbell Snatches
 - **Minute 2:** 20 ANCHR Burpee Slams
 - **Minute 3:** 15 Goblet Squats
 - **Minute 4:** Max Effort ANCHR Alternating Waves (Go until failure)
 - **Minute 5:** Rest
 - *Repeat Cycle 4 times.*
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COOL DOWN

Duration: 5 Minutes

1. **Child's Pose:** 60s
 2. **Shoulder Stretch:** 30s/side
 3. **Hamstring Stretch:** 30s/side
 4. **Deep Breathing:** 2 mins
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WELCOME TO THE GRIND.