Title: Battle Rope Double Arm Slams

Primary Muscle Groups: Abs, Shoulders, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Biceps, Calves, Glutes &amp; Hip Flexors, Hamstrings, Quadriceps

Summary: <ol>

<li class="p1">Holding a battle rope in each hand, slightly bend at the knees and maintain a tight core.</li>

<li class="p1">In an explosive movement, bring the ropes upward to your shoulder level as you perform a small jump in the air.</li>

<li class="p1">At the top of the movement, immediately come down into a squatting position and slam the ropes downward to the ground.</li>

<li class="p1">Repeat the movement, ensuring you keep the ropes in the same pattern.</li>

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