Title: Battle Rope Double Waves

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

Secondary Muscle Groups: Calves, 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">Synchronize the ropes to follow an up and down pattern.</li>

<li class="p1">Bring the ropes upward together to your shoulder level then downward to hip level and immediately back up.</li>

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

<li class="p1">Do not lock out your elbows at any point during the exercise.</li>

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