Title: Battle Rope Jumping Jacks

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

Secondary Muscle Groups: Hamstrings, Quadriceps

Summary: <ul>

<li>Holding a battle rope in each hand, start with your hands at your sides.</li>

<li>Forcefully, push off the ground into a small jump and extend your legs to each side.</li>

<li>At the same time, bring the ropes up above your head.</li>

<li>Jump again, bringing your feet together, and moving your arms back down towards your hips.</li>

<li>Repeat the movement, mimicking a traditional jumping jack.</li>

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