Title: Battle Rope Reverse Lunges

Primary Muscle Groups: Biceps, Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin with the ends of each battle rope in your hands and your feet together. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Alternately lift each battle rope upwards before snapping it back down towards the floor. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you have a established a battle-rope rhythm, alternately step back with each foot and lower your body into a lunge. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your back upright, drive upwards through the glutes and step back into your starting position. </span></li>

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