Title: Battle Rope Side-to-Side Swings

Primary Muscle Groups: Abs, Biceps, Shoulders, Triceps

Secondary Muscle Groups: Calves, Hamstrings, Lower Back, Quadriceps, Upper Back &amp; Lower Traps

Summary: <ul>

<li>Take a battle rope in each hand, then bring your hands together. Keep the ropes around core height.</li>

<li>Keep a slight bend in your knees and keep your core braced.</li>

<li>In one motion, forcefully swing the ropes to the left while keeping your legs braced and knees slightly bent.</li>

<li>Reverse the motion, bringing the ropes to the right.</li>

<li>Continue swinging the ropes side to side while maintaining a tight and braced stance.</li>

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