Title: Battle Rope Snakes

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

Secondary Muscle Groups: Biceps, Forearms, 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">With your hands at core level, begin the movement by bringing the ropes out to their respective sides. The right rope will go to the right while the left rope will go to the left.</li>

<li class="p1">Next, bring the ropes in towards one another and immediately back out.</li>

<li class="p1">The movement will resemble a slithering snake.</li>

<li class="p1">Continue repeating the movement.</li>

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