Title: Battle Rope Squatting Alternating Waves

Primary Muscle Groups: Abs, Quadriceps, Shoulders

Secondary Muscle Groups: Biceps, Glutes &amp; Hip Flexors, Hamstrings, Upper Back &amp; Lower Traps

Summary: <ol>

<li class="p1">Holding a battle rope in each hand, bend at the knees and drive the hips back while you maintain a tight core.</li>

<li class="p1">From this squat position, bring the left rope up as you move the right rope down.</li>

<li class="p1">Immediately, bring the right rope up and move the left rope down.</li>

<li class="p1">Keep repeating this alternating motion while remaining in the squat position.</li>

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