Title: Rope Climb

Primary Muscle Groups: Middle Back / Lats

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using both hands, take hold firmly with your stronger hand about 12 inches above your weaker hand on the rope. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pull your body upward so that your feet are not touching the ground and using your dominant foot push the rope above your lower foot creating a fold in the rope. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your weaker hand 12 inches above your dominant hand on the rope and grip firmly. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using explosive force pull your entire body up the rope, allowing the fold to slide between your feet, and take a new position (similar to the starting position) on the rope.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">When lowering, do not allow the rope to slide through your hands, this will create a nasty rope burn. </span></li>

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