

## Battle Ropes Workout

Each exercise will be performed for 30 seconds. Adjust if needed, depending on weight of rope and current conditioning. Rest 15 seconds between each exercise. Once all exercises are completed rest for 2 minutes and repeat for 2-3 sets.

You are free to do all of the exercises or just select a few and mix them up each time.

**To regress:** Use lighter rope or decrease the time; do less sets; increase rest time

**To progress:** Use heavier rope or increase the time; do more sets; decrease rest time

Videos linked to each exercise

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**Double Rope Slam** - Slam the rope into the floor as hard as you can with both arms together.

**Alternating Rope Slams (Waves)** - Slam the ropes alternating the arms, creating waves with each rope.

**Clapping** - While holding the ropes, move hands in and out like a clapping motion

**Circles** - Holding the ropes, make big circles with your arms from the inside out

**Full Plank Pulls** - Get into a Full Plank position on the floor with the ropes in between your hands laying on the floor. Grab one rope and pull it back

alternating between each hand. Maintain a position where the hip are not rotating or dipping, back is not rounding, and shoulders are not rotating or dipping. Imagine being a table with one leg and having one leg disappear with the table moving.

**Grappler Toss** - It mimics the movement a grappler makes when they toss someone over their hip. Grab the rope so the ends are sticking out from between your thumb and index fingers and hold the ends down by your right hip. Pivot your torso to the left. During the pivot, flip the ropes over your hip as if you were throwing a grappling opponent to the ground. Pivot back and forth like this until time is up.

**Full Plank Side Pulls** - Get into a full plank position perpendicular and over top of the ropes. You are like a bridge and the ropes are flowing underneath you. With your far arm grab a rope end and pull the rope out. Drop the rope and repeat.

**Jump + Double Slam** - Jump up while raising the arms up and slam the ropes as you come back down

**Ultimate Warrior** - Turn your body with your feet perpendicular to the anchor. Hold the battle rope ends together in your hands as if you were gripping a baseball bat Raise your arms up and down as fast as you can. The straighter the arms , the harder. Repeat facing the other direction.