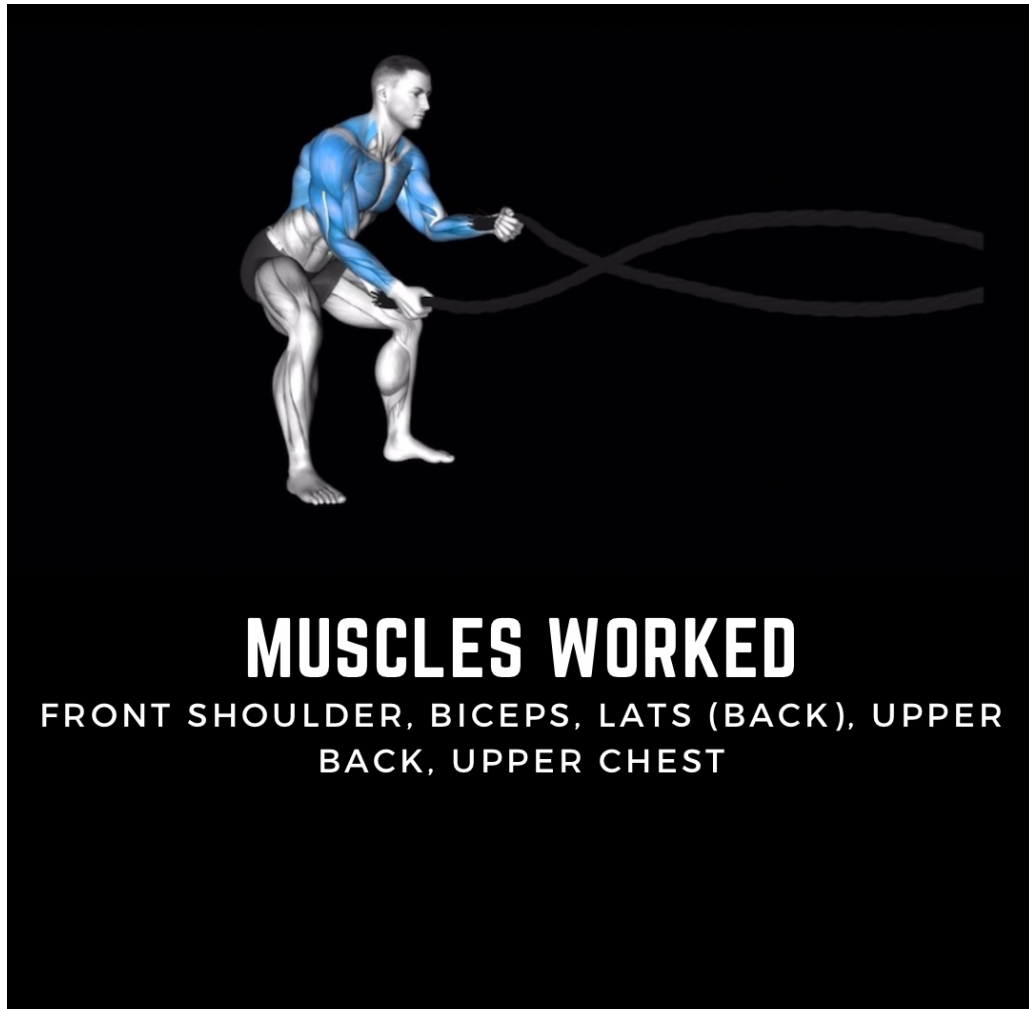


HOW TO PERFORM WITH BATTLE ROPES



How to do:

- 1- Wrap the battle ropes around a pole, leaving similar length of rope on either side
- 2- Squat down and grab one end of the battle ropes with each hand
- 3- While maintaining a straight back and not moving your legs, swing one arm up while you swing the other one down.
- 4- Continue for the desired duration, breathing regularly throughout

Tip:

To decrease the difficulty, shorten the ropes by wrapping them around the pole multiple times.