

Raving about Ropes

Battle ropes are an extremely versatile and rugged piece of equipment, and can be used in a gym or a park, or even at home. Battle rope workouts are a multidimensional training tool that can help increase rotational and multi planar strength, stability and power. It is also used as an ideal conditioning tool when performing exercises at a high intensity.

The Specifics

According to a study in the *Journal of Strength and Conditioning Research*, swinging battle ropes can burn up to 112 calories in just 10 minutes. When done properly, battle ropes are a low impact aerobic activity, reducing the strain on joints. Different ropes cater to different fitness levels. "Go longer and harder for a more intense workout. Battle ropes are one of the fitness tools which can be carried anywhere," says Dr Indumathi, Physiotherapy & Rehabilitation at Narayana Multispecialty Hospital, HSR Layout, Bengaluru.

This workout uses all the muscle groups in the upper body and is a good way to condition your body. The exercise should be done for a minimum of 15 seconds at a stretch. Then take a break for 30-60 seconds before resuming it, and repeat for five to 15 times. Apart from toning the muscles, it can be a very good cardiovascular movement too. You can use battle ropes for warming up, interval training,



and as a post workout finisher. Since the ropes can be used at different angles, this workout engages the ab muscles as well. "Battle rope workouts are a combination of movements using

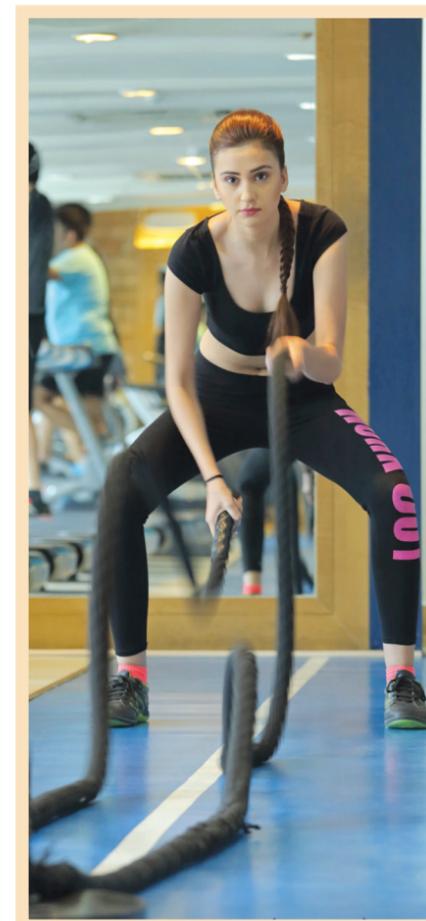
heavy ropes. It is a great tool to provide an upper body dominant power and endurance based training stimulus. This helps in increasing metabolic demands," says Anupam Popli (Strength

Battle rope workouts are an all new way to give your upper body an excellent workout and your muscles a great push too, says **Bindu Gopal Rao**

and Conditioning (S&C) - Country Head) Cult.fit. Heavy rope exercises are often done after a comprehensive resistance-training workout. Some variations include power slams where you stand with feet hip-width apart and grasp the ends of the rope in each hand.

Advantage Ropes

Ropes create a dual-force dynamic effect, the force of gravity and the force created by rope waves. "It amplifies and improves all of the human system's physiological response. It strengthens the weak muscles of the shoulders, core, hips, knees, feet, ankles, and grip," adds Dr Indumathi. Kunal Kapoor, Co-Founder, FitNut says, "A battle rope workout can be moulded to fit your fitness needs and goals. Context is everything. It depends on what the purpose of your exercise is. One universal must-do is that always make sure your form is right and you are never compromising on it. Most people think it is just an upper body and arm workout. There's a lot more to it as it utilises multiple muscle groups. If you are using it for high intensity purposes, then do not do it for more than 15-30 seconds. Different energy systems require different time periods. My suggestion would be to start at shorter time intervals and work your way up to spending more time on variations."



You can use the battle rope for warm up, interval training and as a post workout finisher

The amount of slack in the rope determines the load, and therefore the resistance. Make sure your form is correct when working with heavy ropes. This is important if you want to avoid injuries. Battle ropes bring in a lot of fun to your workouts and provide a whole host of benefits at the same time, so try and incorporate them into your programme because there is no point doing things you do not enjoy, especially in a gym.

Variants

- Alternating waves
- Alternating waves with burpees
- Double slam with jacks
- Coil circles
- Wide circles
- Chest fly
- Power slam
- Single-arm slam
- Russian twists
- Boat pose
- Crunch
- Side plank
- Kneeling rotating slam
- Lunge alternating wave
- Reverse alternating wave

Tips

- Do not lean backward -- instead sit.
- Do not pull rope tight; enough slack is needed to create smooth waves.
- Keep an athletic stance, with the core engaged and a straight back.
- When standing, keep feet shoulder width apart.
- When standing, lean slightly forward and bend knees -- weight off heels.

Do it Right

Your body needs to be mobilised before starting the workout, as it is an unstable accessory that engages multiples joints: shoulder, hip and ankle joint. It involves a lot of core activation, so before getting started, stabilise your core. "Do not attempt the movement without proper warming up. People with heart conditions shouldn't attempt this workout as it is an intense movement. Do not attempt the exercise without proper supervision. We can use it as a warm up, inter workout, and even post workout. Since it is a high intensity movement, you should use the rope in a time bound frame. For example, 30 seconds of movement and 30 seconds rest," says Prosenjit Biswas, Fitness Manager, Skulpt Kolkata.

Training ropes come in various lengths and thicknesses; one should know what they are dealing with before starting an exercise. There are various options available to buy for the home.