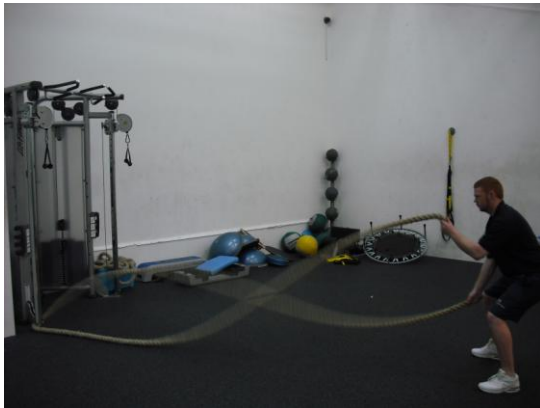

Rope Waves

- Take an end of the rope in each hand, adjust yourself so there rope is a little slack on the floor
- Stand tall, slight bend at the knees, push the hips back to about a quarter squat, chest up, head facing forwards and in line with the spine, core engaged.
- Tuck your elbows by your side, now quickly move the forearms up and down, a little like a running motion
- Perform for the desired time, keep the chest up and core engaged throughout, do not let the head drop

Alternatively you can sit down, kneel, sideways lunges, jumping jacks, double hands, slams

Single



Double

