Fitness Trend: Battle Rope Workout

By Megan McIntosh

There’s a new fitness trend in town, and it looks like it’s going to stick around. The Battle Rope workout has been making the rounds in the fitness world. Celebrities like Khloe Kardashian and Naomi Campbell swear by this fitness trend as an effective total-body workout. It’s an easier and faster way to have a bit of cardio in your workout.

Fitness Trend: The Battle Rope

Workout has many benefits for the body.

Battle Rope Workout allows your heart rate to kick up while using multiple muscle groups. Though celebs are making it popular, it’s also popular because it has many benefits for the body. Cupid has some of them:

1. It’s a great core workout: When you’re using the battle ropes, you’re using muscles in a different way. The abs, glutes, and back are all engaged. Looking to get your body looking great for a wedding or for warmer weather? This exercise is definitely going to help you burn calories and tone those muscles.

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2. It’s A HITT workout: Battle ropes are a HIIT workout.This means you can exercise for less time but with the same benefits of regular exercise. HIIT workouts are High Intensity Interval workouts. This means you are using short bursts of energy to see both anaerobic and aerobic results.

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3. Makes your body all around more mobile and stable: Doing battle rope workouts requires the body to adapt and become more mobile and stable. There are a variety of moves you can incorporate into your workout and these repetitive motions allow you, as an athlete, to see improvement in your overall workout and performance.

Are there any benefits that make you want to try Battle Rope? Share below!