

# 10 MINUTE OR LESS BATTLING ROPES ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# 10 Minute or Less Battling Ropes Routine

## The Workout Routine:

Set a timer for 5 minutes:

Slams (use both arms like a medicine ball slam) 1 minute

Beat the Drum (Up and Down, vertical, R – L – R – L) 1 minute

Trim the Hedges (In and Out, Horizontal Movement) 1 minute

Upper Cuts 1 minute

Jumping Jacks Holding Rope 1 minute