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LEARNING THE ROPES

Low-tech gear offers a high-intensity, complete-body workout.

BY ASHLEY MATEO

No doubt you've seen these heavy ropes in your gym. They may look intimidating, but don't pass them by! Whipping, waving, and slamming battle ropes targets muscles that are left out of standard strength and cardio training, says Heidi Jones (shown here), a personal trainer at Performix House in New York City.

That's right: Battle ropes pack a double punch. They're a great tool for building total-body muscular strength, a recent study by the American Council on Exercise found. And 30-second bursts followed by 60 seconds of rest will boost your cardio capabilities as well as your metabolism, according to research published in the *Journal of Strength and Conditioning Research*.

Jones regularly programs battle-rope exercises like the Burpee Slam into her clients' workouts for a full-body burn. Add the move into your own routine—and check out the complete workout on health.com (turn the page for details).

PHOTOGRAPHS BY ANTHONY CUNANAN

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