



## 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](http://health.com) (turn the page for details).

## MASTER THE MOVE: BURPEE BATTLE-ROPE SLAM

You probably already know and love (or hate!) burpees—here's a battle-rope twist on the classic move to make it even more fun. You're welcome.



**(A)** Stand with knees slightly bent and feet hip-width apart. Hold the end of a rope in each hand at arm's length in front of hips with hands shoulder-width apart. Raise both arms up, then slam the ropes into the ground.

**(B)** Drop hands to floor, kick feet back, and lower chest to floor.

**(C)** Push up on hands and jump feet forward toward the ropes. Stand up and repeat. (Add a jump after standing for more of a challenge!)



**WATCH THE WORKOUT**  
Hover your phone's camera over the smart code for our 30-minute battle-rope workout.

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## QUESTIONS FOR HEIDI

1

### WHAT'S IN YOUR GYM BAG?

A lacrosse ball, to roll over my muscles and loosen up my battered body.

2

### WHAT DO YOU EAT FOR BREAKFAST?

The same thing every day: an open-faced egg sandwich on a Sandwich Thin with some avocado, a slice of cheese, and hot sauce.

3

### WHAT INSPIRES OR MOTIVATES YOU?

It's that trust from my clients that really motivates me—the fact that they trust me enough to let me show them what is possible within their bodies.

4

### HOW DO YOU ENCOURAGE CLIENTS WHO ARE STRUGGLING?

I believe in the power of the mind, so I'm very much a mental coach. I'm big about telling all my clients to disregard any [internal negative] narrative they've got going on and let me walk them through what's possible—there's always the availability of one more rep or one more second if you relax the mind and reverse the narrative.

5

### WHAT'S YOUR MANTRA?

"What would you do if you knew you wouldn't fail?" You can apply that to every facet of your life.

6

### WHAT DO YOU DO TO TREAT YOURSELF?

Acupuncture is relatively new to me, but every time I go, it provides me with such a sense of solace and zen in a way that I'm not used to, so I'm trying to make that a quarterly treat to myself.