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Battle ropes are a useful exercise tool and are versatile in incorporating different types of movement. The incorporation of battle ropes to a training regime can improve cardiorespiratory fitness and build overall muscular strength. Studies have looked at the differences in biomechanical factors and muscle activity while performing battle rope sets both unilaterally and bilaterally. The purpose of this study is to look at the differences (both kinematic and kinetic) of the lower extremities while performing battle rope sets. To measure these differences, a force plate along with motion capture software will be used to collect the kinematic and force data of the battle rope sets. All the participants will be asked to do different battle rope exercises to compare the unilateral exercises and the bilateral exercises. The significance of the expected findings will give users knowledge of efficiency of movement, safety of movement, and the ability to apply emphasis on certain muscle groups while using battle ropes.