I live in an apartment/flat can I still use battle ropes?

Build · https://thesixpackrevolution.com/docs/i-live-in-an-apartment-flat-can-i-still-use-battle-ropes/

We have thousands of participants all over the world that live in flats and apartments. They take them to the communal area or over the park. You will need a Battle Bope to do the Signature, Intensive and Xtreme programme. It’s very liberating not allowing any obstacle to get in your way and we teach you this mentality on the programme too.

Battle Ropes are not required for our Sculpt programme.