



Functional Training Workout.

Vitality – function – reconditioning.
Train for strength and performance with VIPR.

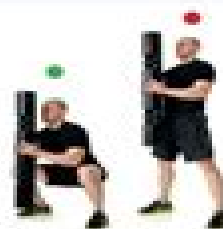
Perform this circuit 01-03 times,
each time doing between 10-15
reps or 30 seconds per exercise.

- Start Position
- End Position



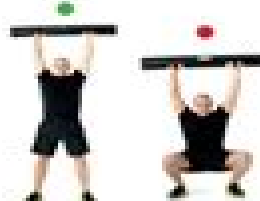
Cylinder Lift

With the VIPR on its end, get into a squat stance, lift the VIPR and perform a squat to raise the load back to the start.



Overhead Squat

Hold the VIPR by the handles overhead at chest height. Squat down, keep the arms straight and come back to start.



Lateral Lunge with Horizontal Push

Take the VIPR by the handles overhead at chest height. Step to the left and go into a lunge, push the VIPR out to the side. Return to the starting step to the other side.



Transverse Step with Reach

Hold the VIPR by the handles overhead at chest height. Step behind your right foot, then step forward to the other side of the leg. As if you were reaching something, reaching the end, don't go to the other side.



Ice Skating Transverse Lunge

Hold the VIPR overhead with your arms extended forward. Perform a lunge, step forward to the side. As you step, push the VIPR out to the side to raise it over your right leg. Jump back to the other side, reaching the end.



Thoracic Flexion

Take the VIPR by the handles overhead at chest height. Take a lunge step and go into a side lunge, push the VIPR out to the side. Return to the start, repeat to the other side.



Ice-Skater Press

Hold the VIPR by the handles overhead at chest height. Take a lunge step and step the other foot to the other side. Push the VIPR out to the side, return to the starting position and complete the same on the other leg.



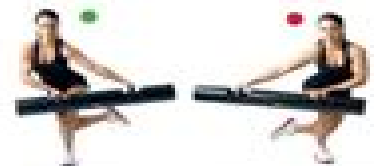
Front Lunge With Uppercut

Hold the VIPR by the handles overhead at chest height. Step forward into a lunge and push the VIPR out to the side of the leg. Push the VIPR out to the side and complete the same on the other leg.



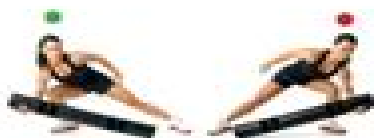
Lateral Bounding

Perform a one-leg lunge, push the VIPR out to the side. Repeat the lunge and push the VIPR out to the side to make it more challenging. Jump back to the starting position, reaching the end.



Lateral Catches

Hold the VIPR on its end and a wide stance. Push the VIPR to the side, catch it in the other hand. Repeat the same on the other side and push the VIPR back to the start. Push the VIPR to the side, catch it in the other hand, push the VIPR to the side, catch it in the other hand.



Vipr Workout Manual

Michael Rajnik

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Vipr Workout Manual:

Vipr Workout Manual Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Vipr Workout Manual**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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