



Functional Training Workout.

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

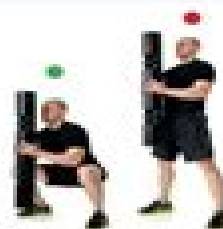
Perform this circuit 01-03 times,
each time doing between 10-15
reps or 30 seconds per exercise.

- Start Position
- End Position



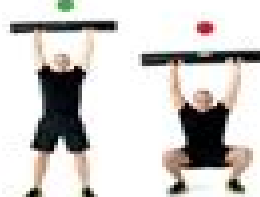
Cylinder Lift

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 a squat.



Lateral Lunge with Horizontal Push

Take the VIPR by the handles overhead at chest height. Step to the left and go into a side lunge. As you do this 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 with the VIPR down to the outside of the leg. As if you were reaching something. Return to the start and go to the other side.



Ice Skating Transverse Lunge

Hold the VIPR overhead with your arms extended forward. Perform a side lunge leaning into the side. As you do this push the VIPR down to the floor to raise it back to the start.



Thoracic Flexion

Take the VIPR by the handles overhead at chest height. Take a side step and go into a side lunge. As you do this push the VIPR out to the side. Return to the start and go to the other side.



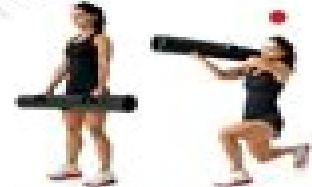
Ice-Skater Press

Hold the VIPR by the handles overhead at chest height. Take a side step and go into a side lunge. As you do this push the VIPR out to the side. Return to the start and go to the other side.



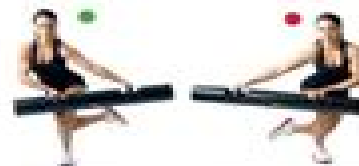
Front Lunge With Uppercut

Hold the VIPR by the handles overhead at chest height. Step forward with your right foot and go into a front lunge. As you do this push the VIPR out to the side. Return to the start and go to the other side.



Lateral Bounding

Hold the VIPR by the handles overhead at chest height. Step forward with your right foot and go into a front lunge. As you do this push the VIPR out to the side. Return to the start and go to the other side.



Lateral Catches

Hold the VIPR by the handles overhead at chest height. Step forward with your right foot and go into a front lunge. As you do this push the VIPR out to the side. Return to the start and go to the other side.



Vipr Workout Manual

Carl Ziegler



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