



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

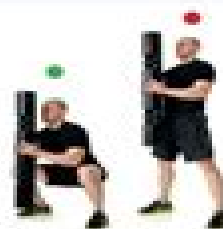
Perform this circuit 01-03 times,
 each time doing between 10-15
 reps or 30 seconds per exercise.

- Start Position
- End Position



Cylinder Lift

With the VIPR on its end, get into a squat stance, lift the lift-up and perform a squat to raise the roller into a standing position.



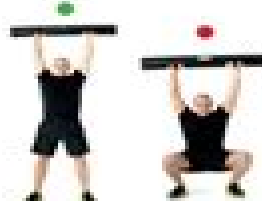
Thoracic Flexion

Roll the VIPR by the handles and hold it up at chest height. Take a lateral step and go into a side lunge. As you lift the push the lift up to the side. Return to the start position to the other side.



Overhead Squat

Roll the VIPR by the handles and hold it up at chest height. Take a step straight forward and perform a squat.



Ice-Skater Press

Roll the VIPR by the handles and hold it up at chest height. Take a crossover step forward and stop. Push the roller forward. As you do the press, the roller moves over your head. Return back to the starting position and complete the same on the other leg.



Lateral Lunge with Horizontal Push

Roll the VIPR by the handles and hold it up at chest height. Take a lateral step and go into a side lunge. As you lift the push the lift out to the side. Return to the starting step to the other side.



Front Lunge With Uppercut

Roll the VIPR by the handles and hold it up at chest height. Go into a front lunge and push the lift above your head. As you perform and return to the start and perform the same on the other leg.



Transverse Step with Reach

Roll the VIPR by the handles and hold it up at chest height. Step behind your right foot. The roller moves to the outside of the leg. As if you were reaching something. Return to the start position and go to the other side.



Lateral Bounding

Roll the VIPR by the handles and hold it up at chest height. Step forward and push the roller forward. As you push the roller forward, the roller moves to the side. As you push the roller forward, the roller moves to the side.



Ice-Skating Transverse Lunge

Roll the VIPR by the handles and hold it up at chest height. Take a lateral step and go into a side lunge. As you lift the push the lift out to the side. Return to the starting step to the other side.



Lateral Catches

Roll the VIPR by the handles and hold it up at chest height. Take a lateral step and go into a side lunge. As you lift the push the lift out to the side. Return to the starting step to the other side.



Vipr Workout Manual

Andrew Hudson



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