



Functional Training Workout.

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

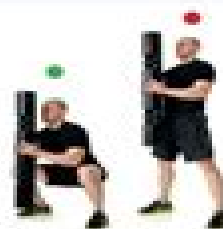
Perform this circuit 01-03 times,
each time doing between 10-15
reps or 30 seconds per exercise.

- Start Position
- End Position



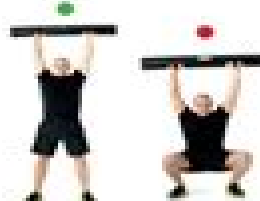
Cylinder Lift

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



Overhead Squat

Hold the off-top of the roller at chest height. Squat down, keep the arms straight and perform a squat.



Lateral Lunge with Horizontal Push

Take the off-top of the roller at chest height. Step to the left and go into a lunge, push the roller out to the side. Return to the starting step to the other side.



Transverse Step with Reach

Hold the off-top of the roller at chest height. Step behind your right foot, the roller down to the outside of the leg. As if you were reaching something, reaching the roller down and go to the other side.



Ice Skating Transverse Lunge

Hold the off-top of the roller at chest height. Step behind your right foot, the roller down to the outside of the leg. As if you were reaching something, reaching the roller down and go to the other side.



Thoracic Flexion

Take the off-top of the roller at chest height. Push the roller out to the side and go into a lunge, push the roller out to the side. Return to the starting position to the other side.



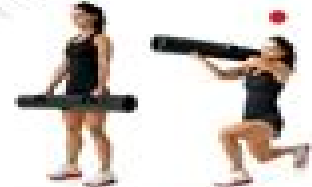
Ice-Skater Press

Hold the off-top of the roller at chest height. Take a transverse step behind your right foot, the roller down to the outside of the leg. As if you were reaching something, reaching the roller down and go to the other side.



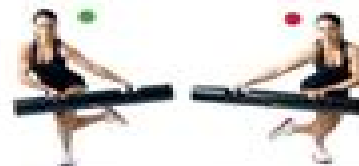
Front Lunge With Uppercut

Hold the off-top of the roller at chest height. Step forward with your right foot, the roller down to the outside of the leg. As if you were reaching something, reaching the roller down and go to the other side.



Lateral Bounding

Hold the off-top of the roller at chest height. Step forward with your right foot, the roller down to the outside of the leg. As if you were reaching something, reaching the roller down and go to the other side.



Lateral Catches

Hold the off-top of the roller at chest height. Step forward with your right foot, the roller down to the outside of the leg. As if you were reaching something, reaching the roller down and go to the other side.



Vipr Workout Manual

J Rink



Vipr Workout Manual:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Vipr Workout Manual**

In some sort of inundated with displays and the cacophony of instantaneous communication, the profound power and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, located within the lyrical pages of **Vipr Workout Manual**, a fascinating work of fictional brilliance that impulses with natural thoughts, lies an wonderful journey waiting to be embarked upon. Published with a virtuoso wordsmith, this exciting opus guides viewers on an emotional odyssey, gently revealing the latent possible and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect their captivating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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