



Functional Training Workout.

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

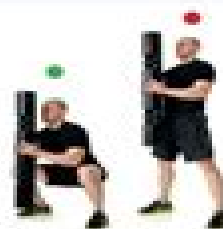
Perform this circuit 01-03 times,
each time doing between 10-15
reps or 30 seconds per exercise.

- Start Position
- End Position



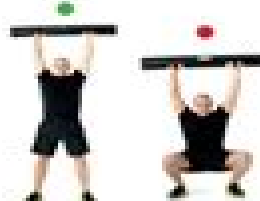
Cylinder Lift

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 position.



Overhead Squat

Hold the VIPR by the handles overhead at chest height. Squat down, keep the arms straight and come 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 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 of the step and 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. Return to the start position by the end of the step and go to the other side.



Thoracic Flexion

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 start position to the other side.



Ice-Skater Press

Hold the VIPR by the handles overhead at chest height. Take a transverse step behind your right foot, then push the VIPR out to the side. Return to the start position and complete the step to 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. Return to the start position to the other leg.



Lateral Bounding

Perform a one-leg lunge, push the VIPR out to the side. Return to the start position to the other leg.



Lateral Catches

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



Vipr Workout Manual

Lingjun Ying



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