



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

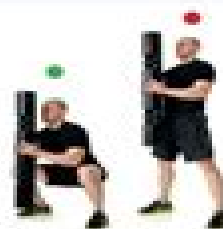
Perform this circuit 01-03 times,
 each time doing between 10-15
 reps or 30 seconds per exercise.

- Start Position
- End Position



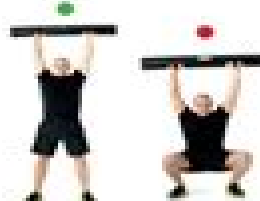
Cylinder Lift

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

With the VIPR on the horizontal end, lift the load above your head, squat, and lift the load straight back up to the start.



Lateral Lunge with Horizontal Push

Take the VIPR to the horizontal end, hold it at chest height, step to the side and go into a lunge, push the VIPR out to the side, return to the start and repeat to the other side.



Transverse Step with Reach

With the VIPR to the horizontal end, hold it at chest height, step behind you and take the VIPR down to the outside of the leg, lift it up and reach it over your head, return to the start and repeat to the other side.



Ice Skating Transverse Lunge

With the VIPR on the horizontal end, hold it at chest height, step to the side, push the VIPR out to the side, return to the start and repeat to the other side.



Thoracic Flexion

Take the VIPR to the horizontal end, hold it at chest height, step to the side and go into a lunge, push the VIPR out to the side, return to the start and repeat to the other side.



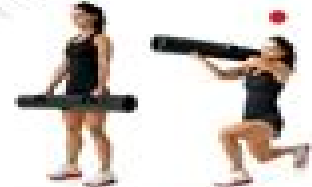
Ice-Skater Press

With the VIPR on the horizontal end, hold it at chest height, take a transverse step behind you and step the other foot to the side, push the VIPR out to the side, return to the start and repeat to the other side.



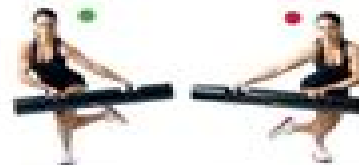
Front Lunge With Uppercut

With the VIPR to the horizontal end, hold it at chest height, step forward and go into a lunge, push the VIPR out to the side, return to the start and repeat to the other side.



Lateral Bounding

With the VIPR on the horizontal end, hold it at chest height, step to the side and go into a lunge, push the VIPR out to the side, return to the start and repeat to the other side.



Lateral Catches

With the VIPR on the horizontal end, hold it at chest height, step to the side and go into a lunge, push the VIPR out to the side, return to the start and repeat to the other side.



Vipr Workout Manual

Jianjun Gao



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