



Functional Training Workout.

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

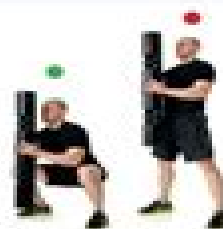
Perform this circuit 01-03 times,
each time doing between 10-15
reps or 30 seconds per exercise.

- Start Position
- End Position



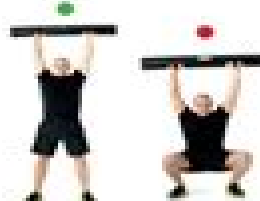
Cylinder Lift

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, hold the roller 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

Mark Steyvers



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