



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

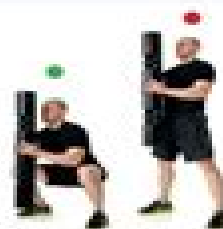
Perform this circuit 01-03 times,
 each time doing between 10-15
 reps or 30 seconds per exercise.

- Start Position
- End Position



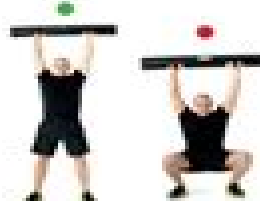
Cylinder Lift

Hold the VIPR vertically and get into a squat stance. At the lift-off and perform a squat to raise the cylinder about 4-6 inches.



Overhead Squat

Hold the VIPR by the handles overhead at chest height. Keep the arms straight and perform 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. Push the VIPR down to the outside of the leg. As if you were reaching something. Return to the starting step to the other side.



Ice Skating Transverse Lunge

Hold the VIPR overhead with your arms extended forward. Perform a lunge with your right leg extending to the side. As you lunge, push the VIPR down to the side to raise it. Return to the starting step to the other side.



Thoracic Flexion

Take the VIPR by the handles overhead at chest height. Push the VIPR out to the side. Push the VIPR out 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. Push the VIPR out to the side. Push the VIPR out to the other side.



Front Lunge With Uppercut

Hold the VIPR by the handles overhead at chest height. Step forward with your right leg and push the VIPR out to the side. Push the VIPR out to the other side.



Lateral Bounding

Hold the VIPR by the handles overhead at chest height. Push the VIPR out to the side. Push the VIPR out to the other side.



Lateral Catches

Hold the VIPR by the handles overhead at chest height. Push the VIPR out to the side. Push the VIPR out to the other side.



Vipr Workout Manual

Amanda Key



Vipr Workout Manual:

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Table of Contents Vipr Workout Manual

1. Understanding the eBook Vipr Workout Manual
 - The Rise of Digital Reading Vipr Workout Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Vipr Workout Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Vipr Workout Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vipr Workout Manual
 - Personalized Recommendations
 - Vipr Workout Manual User Reviews and Ratings
 - Vipr Workout Manual and Bestseller Lists
5. Accessing Vipr Workout Manual Free and Paid eBooks
 - Vipr Workout Manual Public Domain eBooks
 - Vipr Workout Manual eBook Subscription Services
 - Vipr Workout Manual Budget-Friendly Options
6. Navigating Vipr Workout Manual eBook Formats

- ePub, PDF, MOBI, and More
- Vipr Workout Manual Compatibility with Devices
- Vipr Workout Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Vipr Workout Manual
 - Highlighting and Note-Taking Vipr Workout Manual
 - Interactive Elements Vipr Workout Manual
- 8. Staying Engaged with Vipr Workout Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Vipr Workout Manual
- 9. Balancing eBooks and Physical Books Vipr Workout Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vipr Workout Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Vipr Workout Manual
 - Setting Reading Goals Vipr Workout Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Vipr Workout Manual
 - Fact-Checking eBook Content of Vipr Workout Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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