



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

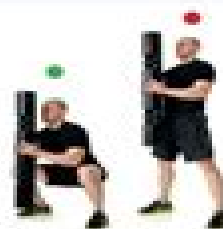
Perform this circuit 01-03 times,
 each time doing between 10-15
 reps or 30 seconds per exercise.

- Start Position
- End Position



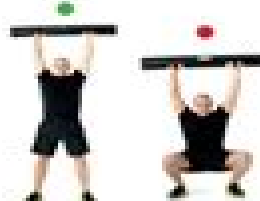
Cylinder Lift

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 back to the start.



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 to raise it over your shoulder. Jump back to the other side, reaching the end.



Thoracic Flexion

Take the VIPR by the handles overhead at chest height. Take a lunge step and go into a side lunge, push the VIPR out to the side. Return to the start position to the other side.



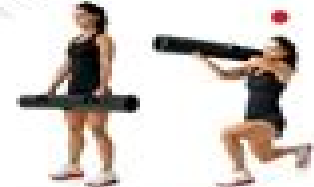
Ice-Skater Press

Hold the VIPR by the handles overhead at chest height. Take a lunge step and step the other foot to the other side. Push the VIPR out to the side, return to the starting position and complete the step to the other leg.



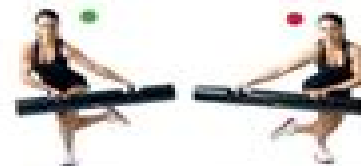
Front Lunge With Uppercut

Hold the VIPR by the handles overhead at chest height. Step forward into a lunge and push the VIPR down past the inside of the leg and perform an uppercut movement to the start and perform the same on the other leg.



Lateral Bounding

Perform a one-leg lunge, step forward, push the VIPR out to the side, step back and push the VIPR out to the side to make it move forward. Jump back to the starting position, reaching the end.



Lateral Catches

Hold the VIPR on its end and a wide stance. Push the VIPR to the side, step to the other side and push the VIPR back to the start. Push the VIPR to the side, step to the other side and push the VIPR back to the start.



Vipr Workout Manual

Hussin A.Rothana



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