

TRX® RIP TRAINER™ WORKOUT

This workout takes approximately 30 minutes to complete and should be performed two to three times per week for best results. It challenges balance, core strength, explosive power and general movement patterns seen in many sports. Perform each exercise for 30 seconds per side for the number of rounds given for each fitness level; rest for 60 seconds between sets.

Beginners: 1 round

Intermediate: 2 rounds

Advanced: 3 rounds

RIP PADDLE BOARD ROW



Grip the Rip Trainer with the left hand, palm up, and with the right hand, palm down. Stand facing the anchor, with the resistance cord on the right side. Place feet in a symmetrical stance with the Rip Trainer pointed at the anchor. Squat down and bring the bar past the right leg in a paddling motion. Repeat for 30 seconds, then switch sides and repeat.

RIP SQUAT OVERHEAD PRESS



Grip the Rip Trainer with both hands, palms down, with the resistance cord on the right side. Stand with your back to the anchor. Place feet in a symmetrical stance with arms extended overhead. Squat down and bring the bar to the chest; stand up and press the bar overhead. Repeat for 30 seconds; switch sides and repeat.

RIP WINDMILL



Grip the Rip Trainer with the left hand, palm down, and with the right hand, palm up. Stand facing sideways, with right side to the anchor, and the resistance cord on the right side. Place feet in a symmetrical stance and position the bar perpendicular to the torso. Squat up and down while arcing out a circle with the end of the bar. Repeat for 30 seconds; switch hand positions and repeat for another 30 seconds.

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Sabine Zange



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