

Get Started Now

RIP TRAINER ADJUSTMENT

Adjustment: The Rip Trainer is fully adjustable and can be used by anyone from a child to an adult.

RIP TRAINER ZONES



PERFORM EACH EXERCISE AS FOLLOWS:

- 1. Feet under the Rip Trainer
- 2. Feet under the Rip Trainer
- 3. Feet under the Rip Trainer

BODY POSITIONS

- 1. Standing
- 2. Squat
- 3. Lunge
- 4. Split Squat
- 5. Single Leg Stand



- 1 Rip Squat Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Squat down, then thrust your hips forward and up, returning to the starting position.



- 2 Rip Overhead Arm Swing**
How to perform:
 Stand with feet under the Rip Trainer. Swing your arms overhead, then swing them down, returning to the starting position.



- 3 Rip Lunge Step Forward**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right leg, then step back, returning to the starting position.



- 4 Rip Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Thrust your hips forward and up, returning to the starting position.



- 5 Rip Lunge Step Back**
How to perform:
 Stand with feet under the Rip Trainer. Step back with your right leg, then step forward, returning to the starting position.



- 6 Rip Pushforward Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Push forward with your arms, then thrust your hips forward and up, returning to the starting position.



- 7 Rip Lunge Rotation**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right leg, then rotate your torso to the right, returning to the starting position.



- 8 Rip Squat Overhead Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Squat down, then thrust your hips forward and up, returning to the starting position.



- 9 Rip Thrust Step Forward**
How to perform:
 Stand with feet under the Rip Trainer. Thrust your hips forward and up, then step forward with your right leg, returning to the starting position.



- 10 Rip Lunge Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right leg, then thrust your hips forward and up, returning to the starting position.

Trx Training Rip Manual

S Baum



Trx Training Rip Manual:

Unveiling the Magic of Words: A Review of "**Trx Training Rip Manual**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Trx Training Rip Manual**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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