Pic	Weight	Color	Size (L*D)	Package Size
	4kg	purple	107.5*130	108.5*14*14
	6kg	green	107.5*130	108.5*14*14
	8kg	blue	107.5*140	108.5*15*15
	10kg	black	107.5*140	108.5*15*15
	12kg	red	107.5*140	108.5*15*15
	14kg	green	117.5*200	118.5*21.5*21.5
	16kg	grey	117.5*200	118.5*21.5*21.5
	18kg	purple	117.5*200	118.5*21.5*21.5
	20kg	blue	117.5*200	118.5*21.5*21.5

ViPR®

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

SQUAT LIFT

Start: Bend knees and sit back and down until thighs are parallel to floor. Grasp outer openings of ViPR® in vertical position with bottom arm straight and top arm bent.

Finish: Straighten legs and drive hips forward while extending the top arm, bending bottom arm, and lifting ViPR® upward. Return to start position and repeat.

LATERAL SHUFFLE WITH TILT

Start: Stand with feet hip width apart. Place ViPR® slightly in front of feet. Place both hands on top.

Finish: Step laterally to one side of the body allowing the ViPR® to fall over to the same side. Catch ViPR® with hand on that side. Repeat in opposite direction.

SHOVELING DRILL

Start: Stand with feet slightly wider than shoulder width apart, bend knees slightly, hinge forward and rotate at the waist. Grasp the outer openings of ViPR® and hold it vertically above the floor just outside the foot with front arm straight and back arm bent.

Finish: Straighten leg and shift weight to opposite side of body while rotating at the waist and lifting ViPR® up and across to opposite side of body. Return to start position and repeat.

Verwandte Produkte

crossfit rig & rack accessories

The products in our warehouse

Verpackung und Versand

Paket: Plyo Beutel + Karton + hölzerner Fall
Versand annd Lieferung: See-oder Luftverkehr, innerhalb von 30 Tagen

Unser Service

1, niedriges MOQ
2, schnelle lieferung
3, Qiality Garantie
4, Qualitätsservice mit modernem Team.

Unser Unternehmen

Shandong Xingya Sport Fitness Inc ist eine professionelle Übung Fitness-Equipment-Unternehmen, unser Unternehmen in Hantel, Kessel Glocke, Gewicht Bumper Platten, CF Rigs und Racks, Gummibodenbelag und andere Accessoires engagiert. Mit fortschrittlicher Ausrüstung und strenge Qualitätskontrollsystem haben wir eine feste Geschäftsbeziehung mit vielen Kunden auf der ganzen Welt, wie Europa, Amerika, dem Nahen Osten, Südasien und anderen Nationen. Wir befürworten "Kredit und Qualität der erste mit angemessenen Preis".

FAQ

1) F: Kann ich den Preis verhandeln?
  A: Ja, wir werden Ihnen den besten Preis nennen.
2) Q: was ist die minimale menge?
  A: Wir können kleine Aufträge annehmen.
3) F: Liefern Sie verwandte Fitnessprodukte?
  A: Ja können wir komplette Satz Gymnastikmitteprodukte liefern.