

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

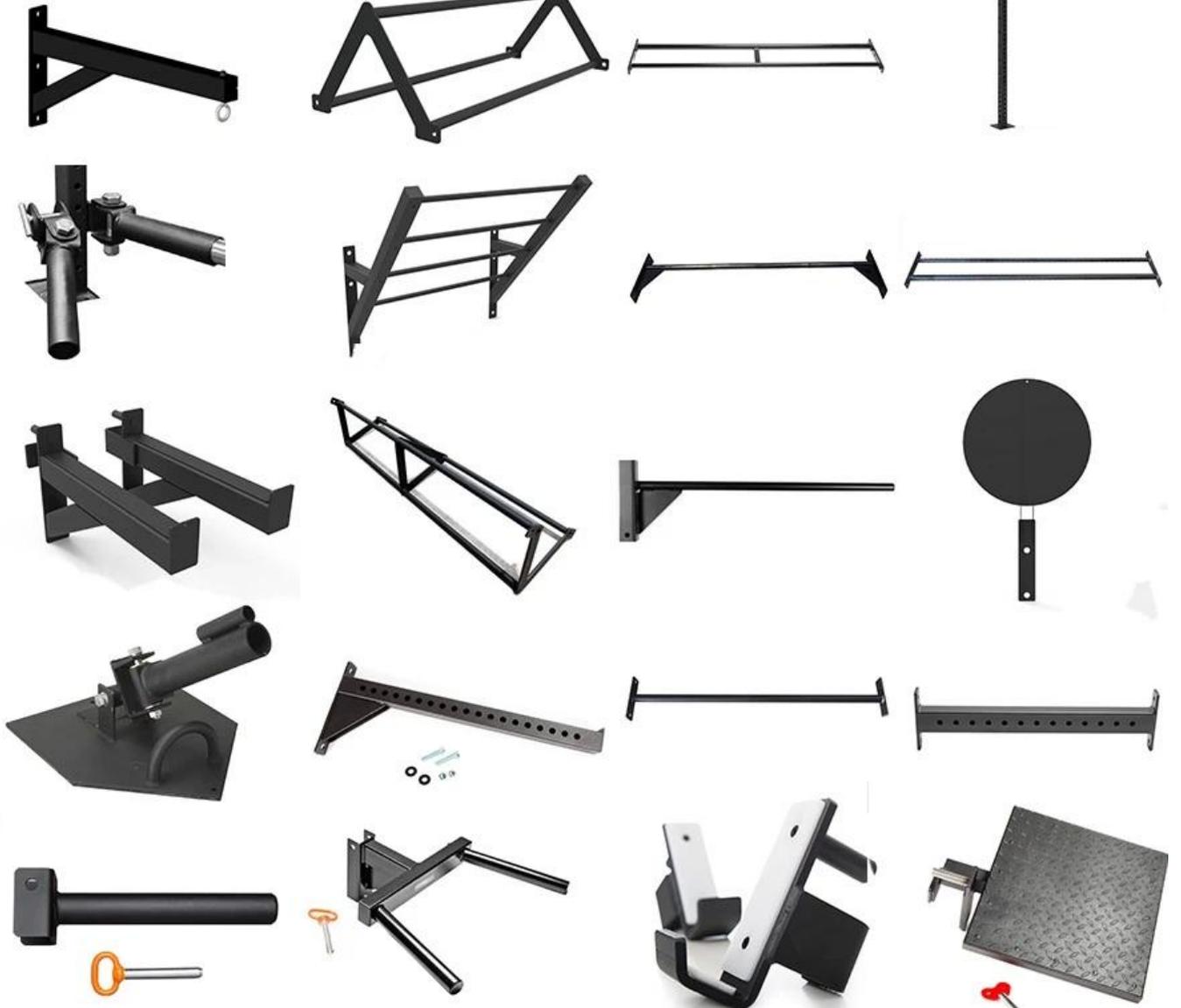


Start: Stand with feet slightly wider than shoulder width apart, bend knees slightly, hinge forward and rotate at the waist. Grasp the outer openings of ViPR® and hold it vertically above the floor just outside the foot with front arm straight and back arm bent.

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.

Productos relacionados

crossfit rig & rack accessories



The products in our warehouse



Embalaje y entrega

Paquete: bolsa de Plyo + cartón + caja de madera

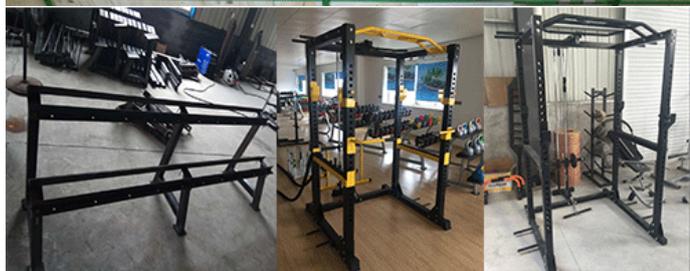
Envío y entrega: transporte marítimo o aéreo, dentro de los 30 días

Nuestro servicio

- 1, MOQ bajo
- 2, entrega rápida
- 3, Garantía de calidad
- 4, servicio de alta calidad con equipo moderno.



PACKING AND SHIPPING



FACTORY SHOW

Nuestra compañía

Shandong xingya sports fitness Inc es una empresa de equipos de gimnasia de ejercicio profesional, nuestra empresa dedicada a pesas, campana caldera, placas de parachoques de peso, plataformas de CF y bastidores, pisos de goma y otros accesorios. Con un equipo avanzado y un estricto sistema de control de calidad, hemos establecido relaciones comerciales sólidas con muchos clientes de todo el mundo, como Europa, América, Medio Oriente, el sur de Asia y otras naciones. Defendemos "el crédito y la calidad el primero con precios razonables". precio".



Preguntas más frecuentes

1) Q: ¿Puedo negociar el precio?

A: Sí, le cotizaremos el mejor precio.

2) Q: ¿Cuál es la cantidad mínima?

A: podemos aceptar pedidos pequeños.

3) P: ¿Suministra productos de ejercicio relacionados?

A: Sí, podemos suministrar un conjunto completo de productos de centros de gimnasia.