

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

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

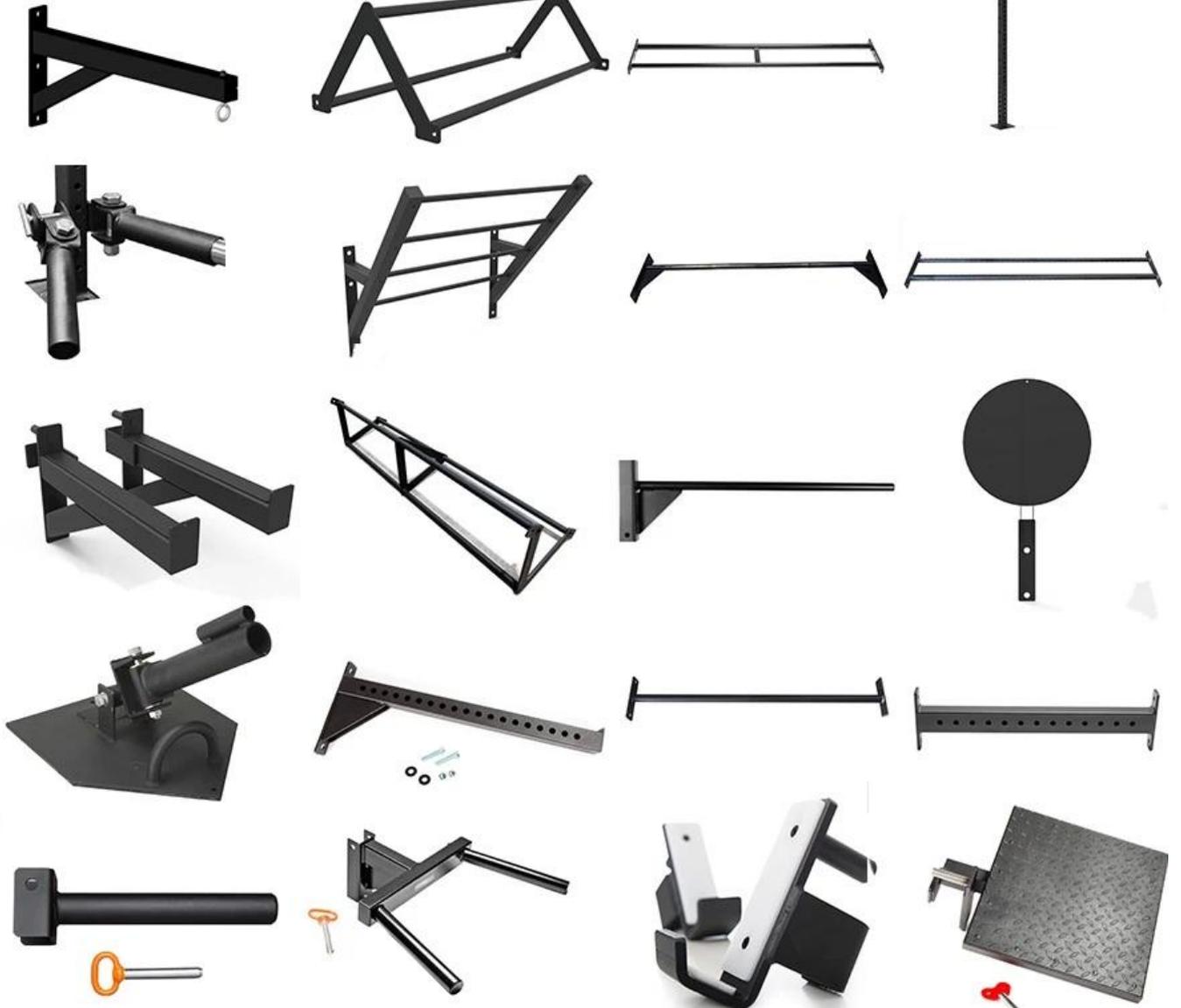


Start: Stand with feet slightly wider than shoulder width apart, bend knees slightly, hinge forward and rotate at the waist. Grasp the outer openings of ViPR® and hold it vertically above the floor just outside the foot with front arm straight and back arm bent.

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.

prodotti correlati

crossfit rig & rack accessories



The products in our warehouse



Imballaggio e consegna

Pacchetto: Plyo bag + carton + case di legno

Spedizione e consegna: trasporto marittimo o aereo, entro 30 giorni

Nostro servizio

- 1, basso MOQ
- 2, consegna veloce
- 3, garanzia di Quality
- 4, servizio di alta qualità con il team moderno.



La nostra azienda

Shandong xingya sports fitness Inc è una società di attrezzature per fitness di esercizi professionali, la nostra azienda impegnata in manubri, campanella per bollitori, piastre per il peso del paraurti, impianti per incroci e rack, pavimenti in gomma e altri accessori. Con attrezzature avanzate e un sistema di controllo di qualità rigoroso, abbiamo stabilito solide relazioni d'affari con molti clienti in tutto il mondo, come l'Europa, l'America, il Medio Oriente, l'Asia meridionale e altri paesi. Vogliamo "credito e qualità il primo con ragionevole prezzo".



TEAM SHOW



FAQ

1) D: Posso negoziare il prezzo?

R: Sì, ti citeremo il miglior prezzo.

2) D: Qual è la quantità minima?

R: Possiamo accettare piccoli ordini.

3) D: Fornire prodotti di fitness correlati?

R: Sì, possiamo fornire una serie completa di prodotti per il centro palestra.