

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.

**gerelateerde producten**



## Verpakking en levering

Pakket: Plyo tas + karton + houten tas

Verzending en levering: Zee of luchtvervoer binnen 30 dagen

## Onze service

- 1, lage MOQ
- 2, snelle levering
- 3, Quality garantie
- 4, Hoge kwaliteit service met modern team.



## Ons bedrijf

Shandong xingya sport fitness Inc is een professionele oefening fitness apparatuur bedrijf, ons bedrijf bezig met halter, ketel bel, gewicht bumper platen, CF rigs en racks, rubberen vloer en andere accessoires. Met geavanceerde apparatuur en strenge kwaliteitscontrole systeem, hebben we een stevige relatie met veel klanten over de hele wereld, zoals Europa, Amerika, het Midden-Oosten, Zuid-Azië en andere nations. We advocaten "krediet en kwaliteit de eerste met redelijke prijs".



**TEAM SHOW**



## FAQ

1) V: Kan ik de prijs onderhandelen?

A: Ja, we zullen u de beste prijs aanhalen.

2) V: Wat is de minimale hoeveelheid?

A: Wij kunnen kleine bestellingen accepteren.

3) V: Ben je gerelateerde fitnessproducten?

A: Ja, we kunnen complete sets van fitnesscentrum producten aanbieden.