

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

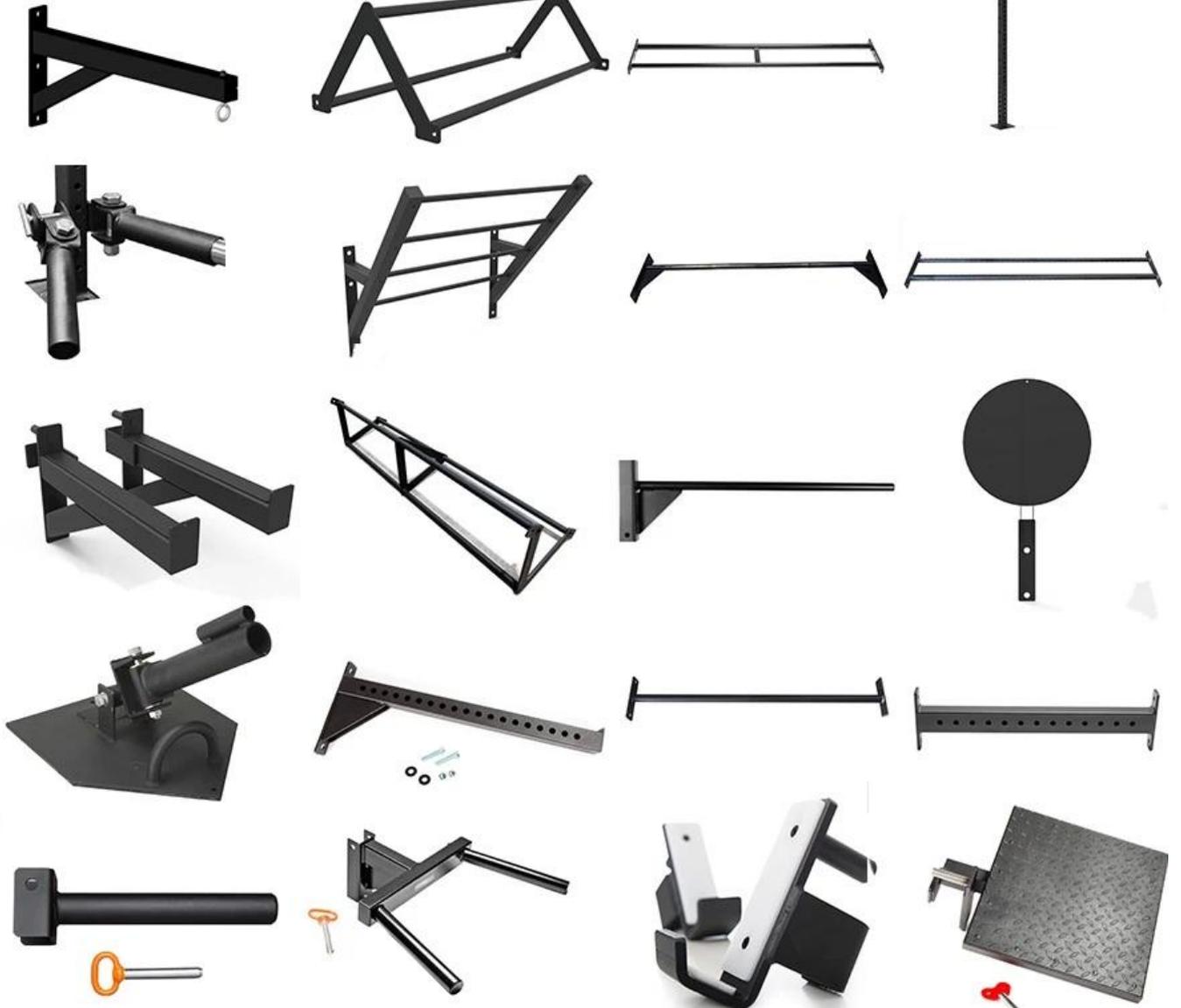


**Start:** Stand with feet slightly wider than shoulder width apart, bend knees slightly, hinge forward and rotate at the waist. Grasp the outer openings of ViPR® and hold it vertically above the floor just outside the foot with front arm straight and back arm bent.

**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.

**produtos relacionados**

## crossfit rig & rack accessories



## The products in our warehouse



## Embalagem e Entrega

Pacote: saco Plyo + carton + estojo de madeira

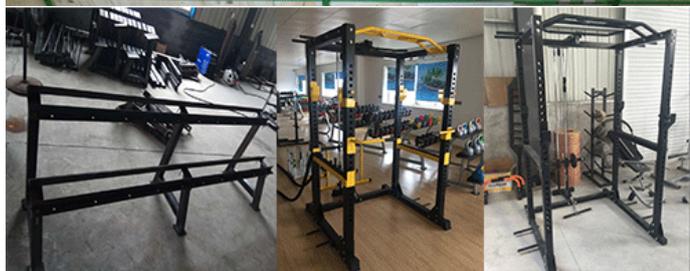
Entrega de envio: transporte marítimo ou aéreo, dentro de 30 dias

## Nosso serviço

- 1, baixo MOQ
- 2, entrega rápida
- 3, garantia Quality
- 4, serviço de alta qualidade com equipe moderna.



**PACKING AND SHIPPING**



**FACTORY SHOW**

## Nossa empresa

Shandong xingya sports fitness Inc é uma empresa de equipamentos de ginástica de exercícios profissionais, nossa empresa envolvida em dumbbell, sino de chaleira, placas de batente de peso, plataformas de CF e racks, pisos de borracha e outros acessórios. Com equipamentos avançados e rigoroso sistema de controle de qualidade, estabelecemos uma sólida relação comercial com muitos clientes em todo o mundo, como Europa, América, Oriente Médio, Ásia do Sul e outras nações. Defendemos "crédito e qualidade o primeiro com razoável preço".



**TEAM SHOW**



## Perguntas frequentes

1) P: Posso negociar o preço?

R: Sim, nós lhe citamos o melhor preço.

2) Q: Qual é a quantidade mínima?

R: Podemos aceitar encomendas pequenas.

3) P: Você fornece produtos de fitness relacionados?

R: Sim, podemos fornecer o conjunto completo de produtos do centro de ginástica.