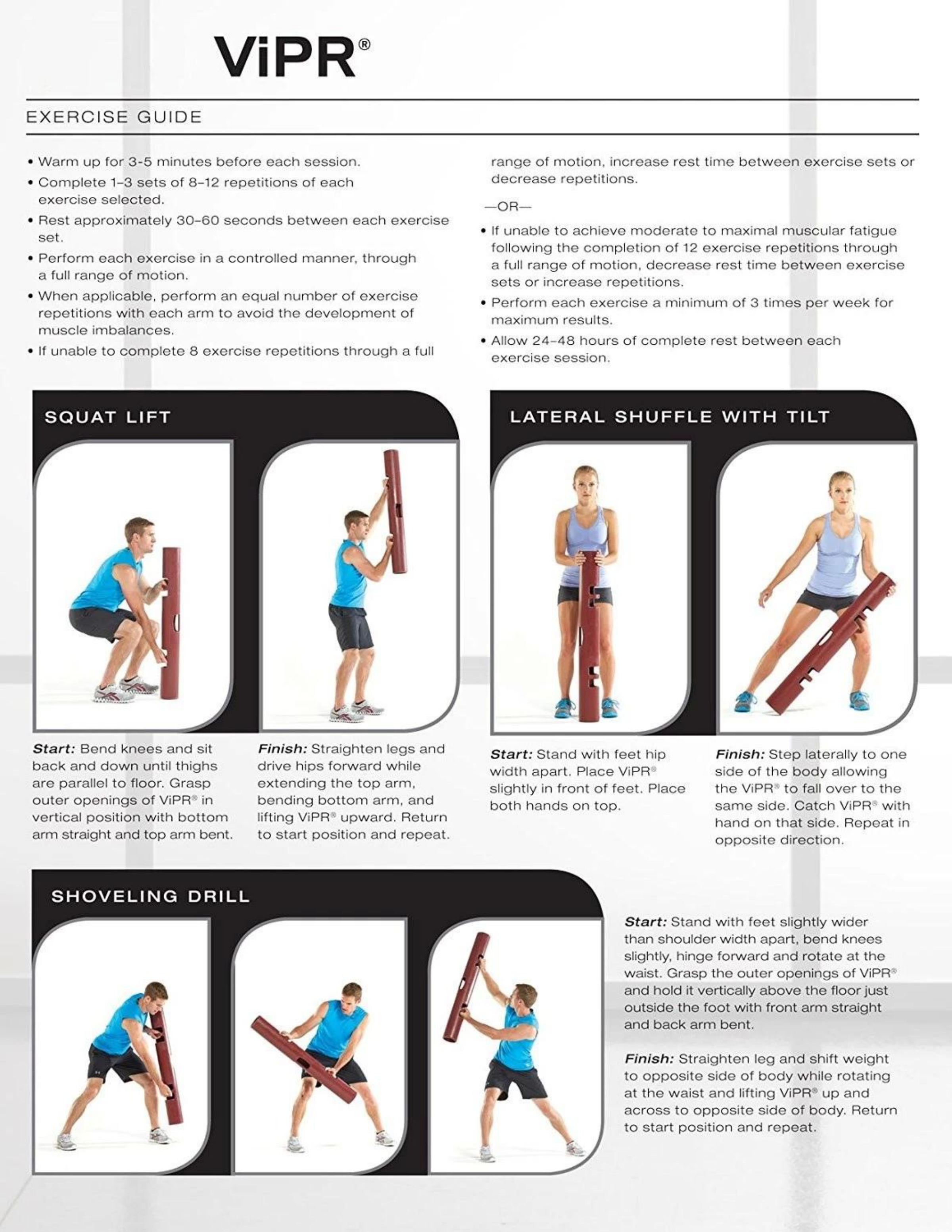
Pic	Weight	Color	Size (L*D)	Package Size
	4kg	purple	107.5*130	108.5*14*14
	6kg	green	107.5*130	108.5*14*14
	8kg	blue	107.5*140	108.5*15*15
	10kg	black	107.5*140	108.5*15*15
	12kg	red	107.5*140	108.5*15*15
	14kg	green	117.5*200	118.5*21.5*21.5
	16kg	grey	117.5*200	118.5*21.5*21.5
	18kg	purple	117.5*200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

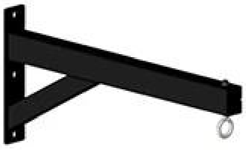
SHOVELING DRILL

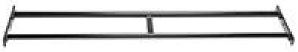
Start: Stand with feet slightly wider than shoulder width apart, bend knees slightly, hinge forward and rotate at the waist. Grasp the outer openings of ViPR® and hold it vertically above the floor just outside the foot with front arm straight and back arm bent.

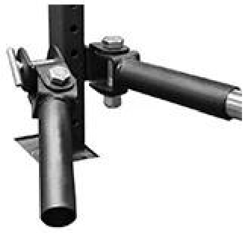
Finish: Straighten leg and shift weight to opposite side of body while rotating at the waist and lifting ViPR® up and across to opposite side of body. Return to start position and repeat.

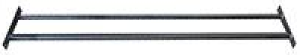
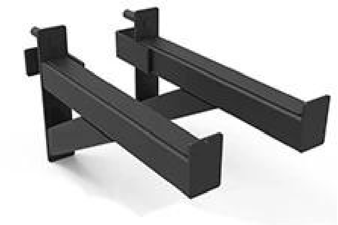
сопутствующие товары

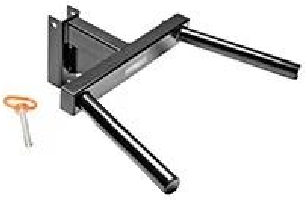
crossfit rig & rack accessories









The products in our warehouse

Упаковка и доставка

Упаковка: Plyo bag + carton + деревянный чехол

Доставка annd доставки: морской или воздушный транспорт, в течение 30 дней

Наш сервис

1, Low MOQ

2, быстрая доставка

3, гарантия Qiality

4, высокое качество обслуживания с современной командой.

PACKING AND SHIPPING

FACTORY SHOW

Наша компания

Shandong xingya sports fitness Inc - профессиональная компания, занимающаяся фитнесом, наша компания занимается гантелями, чайником, весовыми бамперами, перекрестными станками и стойками, резиновыми напольными покрытиями и другими аксессуарами. Благодаря современному оборудованию и строгой системе контроля качества, мы установили прочные деловые отношения со многими клиентами во всем мире, такими как Европа, Америка, Ближний Восток, Южная Азия и другие страны. Мы выступаем за «кредит и качество в первую очередь с разумными цена".

Sports,Travel and Recreation Products
TEAM SHOW

Вопросы-Ответы

1) В: Могу ли я договориться о цене?
A: Да, мы укажем вам лучшую цену.
2) Q: Какое минимальное количество?
A: Мы можем принимать небольшие заказы.
3) Q: Вы поставляете связанные продукты для фитнеса?
A: Да, мы можем предоставить полный набор продуктов тренажерного зала.