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RIP TRAINER ADJUSTMENT

Adjustment: The Rip Trainer is fully adjustable and can be used by anyone from a child to an adult.

RIP TRAINER ZONES



PERFORM EACH EXERCISE AS FOLLOWS:

- 1. Feet under the Rip Trainer
- 2. Feet under the Rip Trainer
- 3. Feet under the Rip Trainer

BODY POSITIONS

- 1. Standing
- 2. Squatting
- 3. Lunging
- 4. Lying



- 1 Rip Squat Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Squat down, keeping your back straight and your feet flat on the ground. Thrust forward, keeping your feet flat on the ground.



- 2 Rip Overhead Arm Swing**
How to perform:
 Stand with feet under the Rip Trainer. Hold the handles with both hands. Swing your arms overhead, keeping your feet flat on the ground.



- 3 Rip Lunge Step**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right foot, keeping your back straight and your feet flat on the ground.



- 4 Rip Punch**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right foot, keeping your back straight and your feet flat on the ground. Punch forward with your right arm.



- 5 Rip Lunge Step**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right foot, keeping your back straight and your feet flat on the ground.



- 6 Rip Pushforward Step**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right foot, keeping your back straight and your feet flat on the ground. Push forward with your right arm.



- 7 Rip Lunge Rotation**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right foot, keeping your back straight and your feet flat on the ground. Rotate your torso to the right.



- 8 Rip Squat Overhead Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Squat down, keeping your back straight and your feet flat on the ground. Thrust forward, keeping your feet flat on the ground.



- 9 Rip Backward Step**
How to perform:
 Stand with feet under the Rip Trainer. Step backward with your right foot, keeping your back straight and your feet flat on the ground.



- 10 Rip Lunge Thrust**
How to perform:
 Stand with feet under the Rip Trainer. Step forward with your right foot, keeping your back straight and your feet flat on the ground. Thrust forward with your right arm.

Trx Rip Trainer Manual Upload

Lewis-McCormick, Irene



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The HIIT Advantage Lewis-McCormick, Irene, 2015-09-17 The HIIT Advantage offers dozens of exercises and 19 complete workouts to help incinerate fat shape and strengthen the lower and upper body and build core strength An online video library provides clips demonstrating key exercises plus a complete workout that combines exercises for maximum results

Mobility und Stretching mit dem Schlingentrainer Marcel Doll, Jessica Kempf, 2019-10-14 Schlingentrainer sind heute in nahezu allen Fitnessstudios zu finden Du kannst aber auch problemlos zu Hause oder drau en mit Schlingen trainieren Dieses Fitnesstool ist nicht nur perfekt geeignet f r dein Muskel und Konditionstraining es ist auch ideal f r Mobility Training und Stretching Dabei intensivieren die Schlingen als Verl ngerung der Faszienlinien jede Dehnung und steigern so den Trainingseffekt In diesem Buch findest du ber 60 bebilderte und detailliert beschriebene bungen f r mehr Beweglichkeit in Alltag und Sport Du kannst sie in ein Warm up einbauen mit ihnen deine Trainingseinheit abschlie en oder ein eigenst ndiges Workout gestalten Um dir die Trainingsplanung zu erleichtern ist jede bung mit einem Schwierigkeitsgrad versehen Du kannst aber auch mit den Beispielworkouts starten die in einem Extrakapitel dargestellt sind F r dieses Training kann jeder Schlingentrainer genutzt werden nicht nur das im Buch verwendete System Die bungen und Workouts sind f r jedes Trainingslevel geeignet egal ob du Einsteiger oder K nner bist

The Titanic Effect Todd Saxton, M. Kim Saxton, Michael Cloran, 2019-03-05 I have read dozens of books on starting companies but this is the first that accurately captures why startups fail and provides a tool for entrepreneurs and investors to measure and manage these sources of failure Michael Hatfield Co Founder Cerent Calix Cienna and Carium What makes a startup successful This book from award winning business school professors and a tech serial entrepreneur tells what makes startups successful Instead of telling startups what to do like most startup books they share what startups should avoid Along the way they share small business startup success stories gleaned from the How Built This Podcast and their firsthand experiences These stories of startup success are contrasted with stories of startup failure from startup graveyards and most notably the Titanic Like many of today s startups the Titanic hoped to disrupt the transportation industry of its time It fell short to a disastrous outcome from the same sources that prevent startup success today Get a startup game plan This startup book uses the Titanic and a sailing metaphor to provide a startup roadmap template It shows what makes startups successfully navigate through challenges in startup investing founding and hiring with a game plan to get through the Human Ocean It offers a startup guide to customer success in working through the Marketing Ocean It even highlights what startups need to invest in to get through the Technical and Strategy Oceans Its Iceberg Index gives entrepreneurs startups and small businesses a way to track their progress on the startup roadmap template It also helps investors assess what startups to invest in Many entrepreneurs assume that the Titanic was sunk by a single iceberg The Titanic Effect shows that like many startups it s not a single misstep but a series of mistakes that keep a startup from being successful This combination of missteps is called the Titanic Effect

Who can benefit from this startup roadmap Entrepreneurs in the early stages of building a startup They will learn what makes a startup successful They will develop a to do list of decisions to make and actions to take Small business owners will also identify key next steps to building their startup game plan Investors can identify what to avoid in startup investments and what startups to invest in Students will learn how to evaluate the success potential of a startup and will read small business and startup success stories These three co authors have witnessed firsthand what leads to startup success They have made it their mission to help entrepreneurs startup founders and startup investors succeed Drs Todd and M Kim Saxton bring more than two decades of academic and professional experience in business strategy entrepreneurship marketing and angel investing Serial tech entrepreneur Michael Cloran adds his two decades of experiences in launching his own startups as well as building software products for other startups In addition the co authors serve on various boards of entrepreneurial ventures and startup advisory associations They have shared their expertise from the stage to dozens of audiences including students entrepreneurship and professional development associations academic societies and global companies like Roche Diagnostics and Pfizer Pharmaceuticals

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