

Get Started Now

RIP TRAINER ADJUSTMENT

Adjustment: Set suspension to the appropriate length.
Adjustment: Set suspension to the appropriate length.

RIP TRAINER ZONES



PERFORM EACH EXERCISE AS FOLLOWS:

- 1. Feet under suspension to the appropriate length.
- 2. Feet under suspension to the appropriate length.
- 3. Feet under suspension to the appropriate length.

BODY POSITIONS

- 1. Feet under suspension to the appropriate length.
- 2. Feet under suspension to the appropriate length.
- 3. Feet under suspension to the appropriate length.



- 1 Rip Swing Squat**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 2 Rip Overhead Arm Swing**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 3 Rip Lunge Step Forward**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 4 Rip Punch**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 5 Rip Lunge Step Back**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 6 Rip Pushforward Step**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 7 Rip Lunge Rotation**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 8 Rip Squat Overhead Press**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 9 Rip Backward Step**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.



- 10 Rip Lunge Press**
How to perform:
 1. Feet under suspension to the appropriate length.
 2. Feet under suspension to the appropriate length.
 3. Feet under suspension to the appropriate length.

Trx Training Rip Manual

Paulo H. Marchetti

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Trx Training Rip Manual:

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Con una mirada aplicada y basándose en el rigor del método científico se aportan propuestas y material gráfico autoexplicativo para un uso práctico. A su vez se muestra un marco teórico de referencia para el desarrollo profesional y académico que pretende ser una herramienta útil como manual de consulta y también como libro de referencia para entrenadores, preparadores físicos o estudiantes de Ciencias de la Actividad Física y del Deporte.

TRX Suspension Training Afiz H Clyde, 2023-08-05

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