

# TRX® RIP TRAINER™ WORKOUT

This workout takes approximately 30 minutes to complete and should be performed two to three times per week for best results. It challenges balance, core strength, explosive power and general movement patterns seen in many sports. Perform each exercise for 30 seconds per side for the number of rounds given for each fitness level; rest for 60 seconds between sets.

Beginners: 1 round

Intermediate: 2 rounds

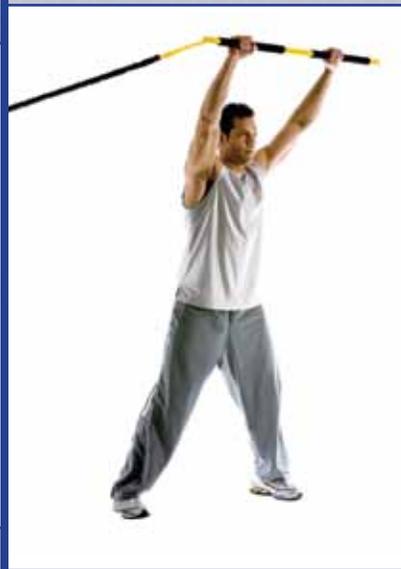
Advanced: 3 rounds

## RIP PADDLE BOARD ROW



Grip the Rip Trainer with the left hand, palm up, and with the right hand, palm down. Stand facing the anchor, with the resistance cord on the right side. Place feet in a symmetrical stance with the Rip Trainer pointed at the anchor. Squat down and bring the bar past the right leg in a paddling motion. Repeat for 30 seconds, then switch sides and repeat.

## RIP SQUAT OVERHEAD PRESS



Grip the Rip Trainer with both hands, palms down, with the resistance cord on the right side. Stand with your back to the anchor. Place feet in a symmetrical stance with arms extended overhead. Squat down and bring the bar to the chest; stand up and press the bar overhead. Repeat for 30 seconds; switch sides and repeat.

## RIP WINDMILL



Grip the Rip Trainer with the left hand, palm down, and with the right hand, palm up. Stand facing sideways, with right side to the anchor, and the resistance cord on the right side. Place feet in a symmetrical stance and position the bar perpendicular to the torso. Squat up and down while arcing out a circle with the end of the bar. Repeat for 30 seconds; switch hand positions and repeat for another 30 seconds.

## RIP PITCHFORK



Grip the Rip Trainer with both palms down, resistance cord on the right side. Face the anchor, place feet in a symmetrical stance and squat down; reach the right hand toward the anchor. Extend the hips and drive the bar up and back, just above the horizontal plane. Keep eye-gaze forward to avoid over-rotation. Repeat for 30 seconds and then repeat on the other side.

## RIP SAMURAI STRIKE WITH STEP



Grip the Rip Trainer with the left hand, palm down, and with the right hand, palm up. Stand facing sideways, right side to the anchor. Place feet in a symmetrical stance while holding the bar in a horizontal position. Initiate the movement by driving off the right foot and throwing the right hip toward the target. Step toward the target with the front leg while pulling the left hand to the ribs, and pushing the right hand toward the target in a striking motion. Repeat for 30 seconds, then switch sides and repeat.

## RIP 90-DEGREE HOP PRESS



Grip the Rip Trainer with both hands, palms down. Stand sideways, with the right side to the anchor. Place feet in a symmetrical stance and hold the bar against the chest. Jump 90 degrees to the left, while simultaneously pressing the bar off the chest and landing in an athletic stance. Repeat for 30 seconds and then switch sides and repeat.

## RIP HOCKEY SLAP SHOT



Grip the Rip Trainer with the left hand, palm down, and the right hand, palm up. Stand sideways, with the right side to the anchor and the resistance cord on the right side. Place feet in a symmetrical stance, right arm cocked at shoulder-height. While rotating the right foot, knee, hip and shoulder toward the target, aggressively pull the left hand toward the ribs and push the right hand toward a target approximately 8 to 12 inches off the ground. Repeat for 30 seconds and then repeat on other side.