

rip:60™

EXERCISE CHART

Chest



Bicep



Hamstring



Wing Flare



Low Back



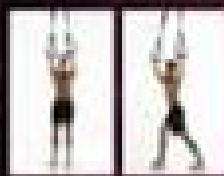
Forearm



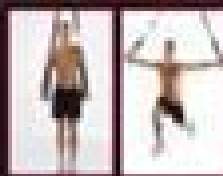
Quadr



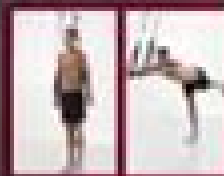
Alternating Cross Over



Alternating Lunge with Rear Delt Fly



Anterior Reach



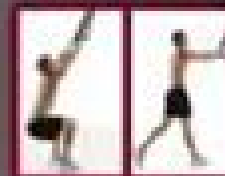
Bicep Curl



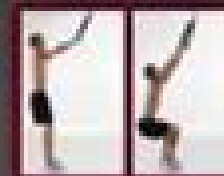
Fly



Over Squat with Hip Extension



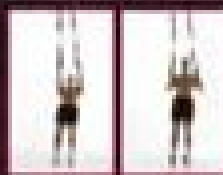
Front Squat



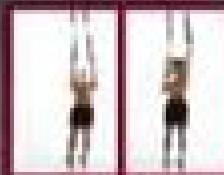
Hammer Curl



Lat Pull Down



Lat Pull with Rotation



One Leg Forward Lunge Jump



One Leg Forward Lunge



One Leg Front Squat



One Leg Squat with Kneestake Group Curl



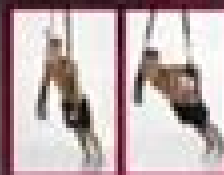
One Leg Squat with Kneestake Group Squat



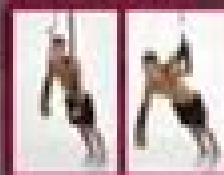
Press Up



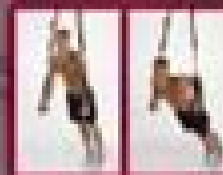
Push Up Palms Down



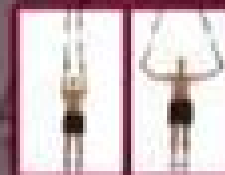
Push Up Palms Down with Rotation



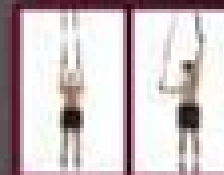
Push Up Palms Facing



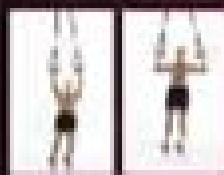
Rear Delt Fly



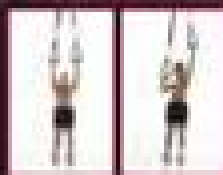
Rear Delt Y



Shoulder Pull



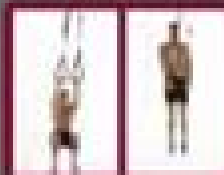
Shoulder Pull with Rotation



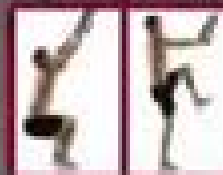
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Drive



Thigh Extension Palms Facing



Thigh Extension Palms Forward



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RM Cervero



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web a desert is a very big land with lots of sand and very little water it can be very hot in the day and very cold at night there are not many plants in a desert because plants need water to grow but some plants like cacti can live there because they can save water inside them