

rip:60™

EXERCISE CHART

Dead



Squat



Hamstring



Hip Flexor



Low Back



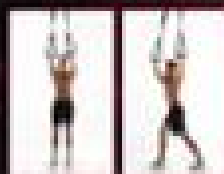
Pectoral



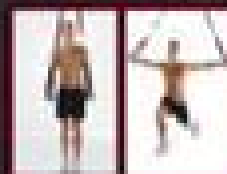
Quadr



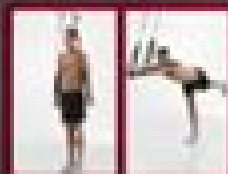
Alternating Cross Over



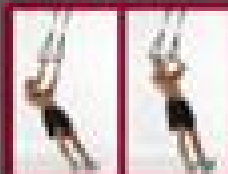
Alternating Lunge with Rear Delt Fly



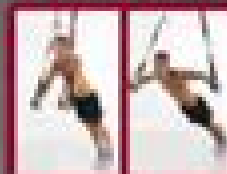
Anterior Reach



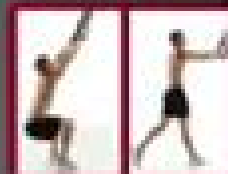
Bicep Curl



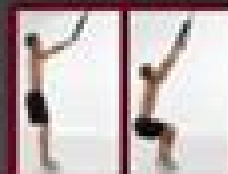
Fly



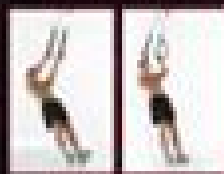
Front Squat with Hip Extension



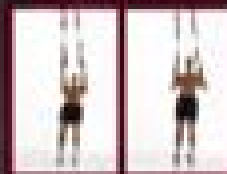
Front Squat



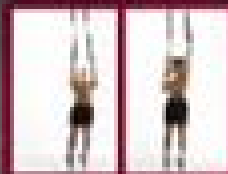
Hammer Curl



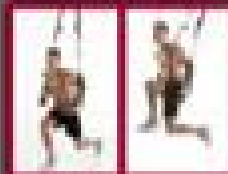
Lat Pull Down



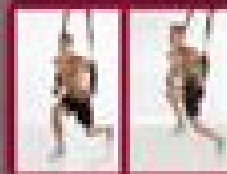
Lat Pull with Rotation



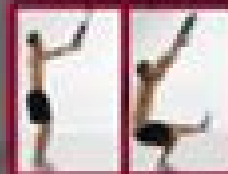
One Leg Forward Lunge Jump



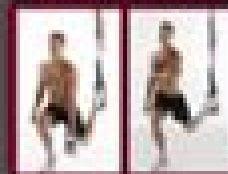
One Leg Forward Lunge



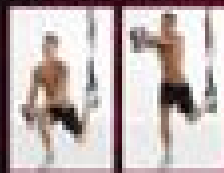
One Leg Pistol Squat



One Leg Squat with Kettlebell Bicep Curl



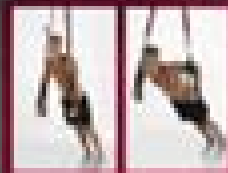
One Leg Squat with Kettlebell Front Raise



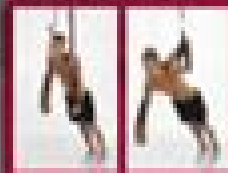
Prone Dip



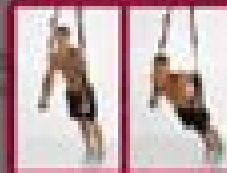
Push Up Palms Down



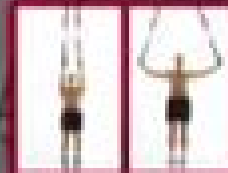
Push Up Palms Down with Rotation



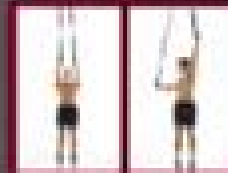
Push Up Palms Facing



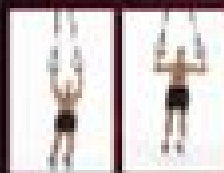
Rear Delt Fly



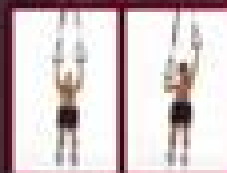
Rear Delt Y



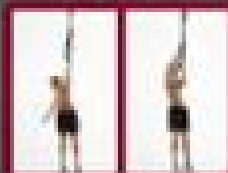
Shoulder Pull



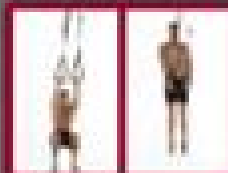
Shoulder Pull with Rotation



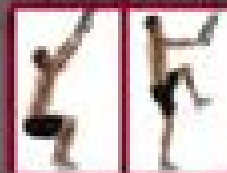
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Raise



Thigh Extension Palms Facing



Thigh Extension Palms Forward



Rip 60 Nutrition Guide

Thomas Griffiths



Rip 60 Nutrition Guide:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Rip 60 Nutrition Guide**

In a global inundated with screens and the cacophony of immediate transmission, the profound power and mental resonance of verbal art often fade in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, nestled within the musical pages of **Rip 60 Nutrition Guide**, a fascinating function of fictional brilliance that pulses with organic thoughts, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this mesmerizing opus manuals visitors on a psychological odyssey, lightly revealing the latent potential and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect their charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://crm.avenza.com/book/scholarship/default.aspx/roboform%20manual%20version%206.pdf>

Table of Contents Rip 60 Nutrition Guide

1. Understanding the eBook Rip 60 Nutrition Guide
 - The Rise of Digital Reading Rip 60 Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Rip 60 Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rip 60 Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rip 60 Nutrition Guide
 - Personalized Recommendations

- Rip 60 Nutrition Guide User Reviews and Ratings
- Rip 60 Nutrition Guide and Bestseller Lists
- 5. Accessing Rip 60 Nutrition Guide Free and Paid eBooks
 - Rip 60 Nutrition Guide Public Domain eBooks
 - Rip 60 Nutrition Guide eBook Subscription Services
 - Rip 60 Nutrition Guide Budget-Friendly Options
- 6. Navigating Rip 60 Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Rip 60 Nutrition Guide Compatibility with Devices
 - Rip 60 Nutrition Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rip 60 Nutrition Guide
 - Highlighting and Note-Taking Rip 60 Nutrition Guide
 - Interactive Elements Rip 60 Nutrition Guide
- 8. Staying Engaged with Rip 60 Nutrition Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rip 60 Nutrition Guide
- 9. Balancing eBooks and Physical Books Rip 60 Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rip 60 Nutrition Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Rip 60 Nutrition Guide
 - Setting Reading Goals Rip 60 Nutrition Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Rip 60 Nutrition Guide
 - Fact-Checking eBook Content of Rip 60 Nutrition Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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