

rip:60™

EXERCISE CHART

Dead



Squat



Hamstring



Hip Flexor



Low Back



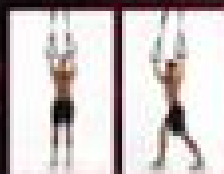
Posterior



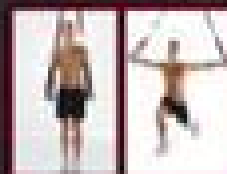
Quadr



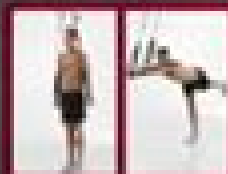
Alternating Cross Over



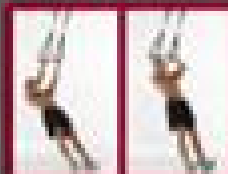
Alternating Lunge with Rear Delt Fly



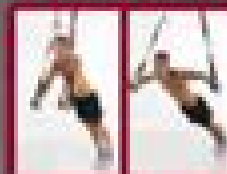
Anterior Reach



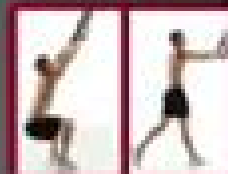
Bicep Curl



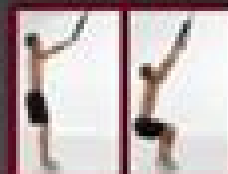
Fly



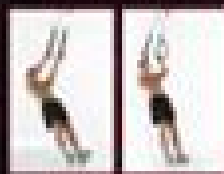
Front Squat with Hip Extension



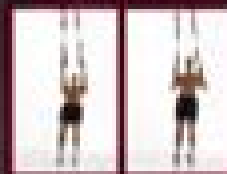
Front Squat



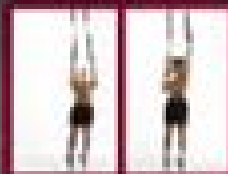
Hammer Curl



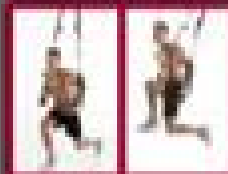
Lat Pull Down



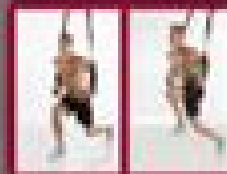
Lat Pull with Rotation



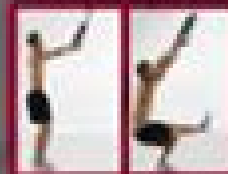
One Leg Forward Lunge Jump



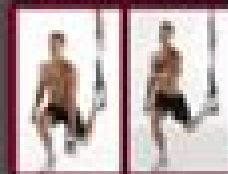
One Leg Forward Lunge



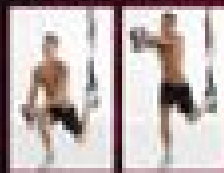
One Leg Pistol Squat



One Leg Squat with Kettlebell Bicep Curl



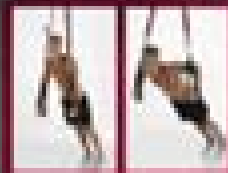
One Leg Squat with Kettlebell Front Raise



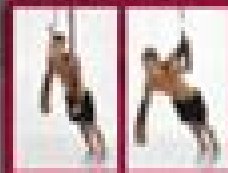
Prone Dip



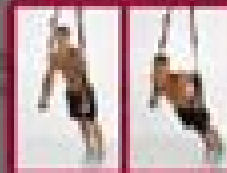
Push Up Palms Down



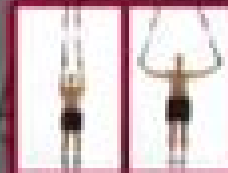
Push Up Palms Down with Rotation



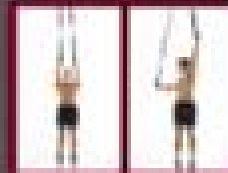
Push Up Palms Facing



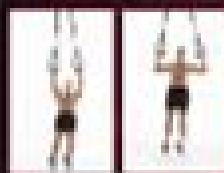
Rear Delt Fly



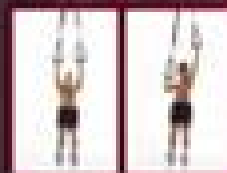
Rear Delt Y



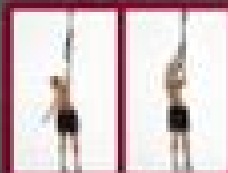
Shoulder Pull



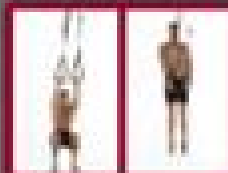
Shoulder Pull with Rotation



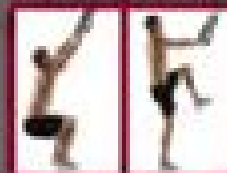
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Raise



Thigh Extension Palms Facing



Thigh Extension Palms Forward



Rip 60 Nutrition Guide

**Food and Nutrition Information Center
(U.S.)**



Rip 60 Nutrition Guide:

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center
Food and Nutrition Information Center (U.S.),1977 **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.),1976 Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center ,1977 **Catalog** Food and Nutrition Information Center (U.S.),1974 Careful Eating: Bodies, Food and Care Emma-Jayne Abbots,Anna Lavis,Luci Attala,2016-03-03 Critically reflecting on the interplays between food and care this multidisciplinary volume asks why do individuals institutions and agencies care about what other people eat It explores how acts of caring about food and eating shape and intervene in individual bodies as well as being enacted in and through those bodies In so doing the volume extends current critical debates regarding food and care as political mechanisms through which social hierarchies are constructed and both self and other re produced Addressing the ways in which eating and caring interact on multiple scales and sites from public health and clinical settings to the market the home and online communities Careful Eating asks what eating and caring are what relationships they create and rupture and how their interplay is experienced in myriad spaces of everyday life Taking account of this two directional flow of engagement between eating and caring the chapters are organized into three central theoretical dimensions how eating practices mobilize discourses and forms of care how discourses and practices of care look to shape particular forms of eating and food preferences and how it is often in the bodies of individual consumers that eating and care encounter one another *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index *Catalog. Supplement* Food and Nutrition Information and Educational Materials Center (U.S.),1976 *Ripped at 40* Dr Zam,2025-01-01 Build Muscle Burn Fat Stay Strong for Life Think you re too old to get ripped Think again If you re a man over 40 who wants to lose stubborn fat build muscle and reclaim the strongest version of yourself this book is your ultimate blueprint Written by Dr Zam a fitness expert who transformed his own body after battling obesity injuries and metabolic disorders Ripped at 40 is more than just a fitness guide it s a proven system for lifelong strength and vitality What You ll Learn Inside This Book The Science of Getting Ripped After 40 How your metabolism hormones and muscle building potential change with age and how to use that to your advantage The Ripped at 40 Workout Plan A step by step strength training and cardio program designed for maximum fat loss and muscle growth Intermittent Fasting for Fat Loss Muscle Retention How to time your meals for optimal results without feeling restricted Testosterone Optimization Recovery Natural strategies to boost your hormones and recover faster from workouts 12 Week Ripped Transformation Plan A complete roadmap with training nutrition and recovery protocols to get you shredded Real Life Success Stories Inspiring transformations from men who got into the best shape of their lives

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