

rip:60™

EXERCISE CHART

Chest



Bicep



Hamstring



Wg. Flare



Low Back



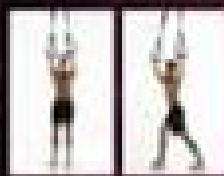
Forearm



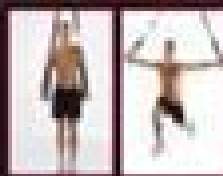
Quadr



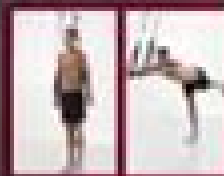
Alternating Cross Over



Alternating Lunge with Rear Calf Fly



Anterior Reach



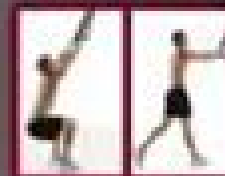
Bicep Curl



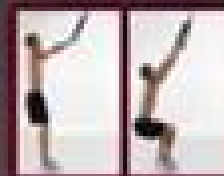
Fly



Over Squat with Wg Extension



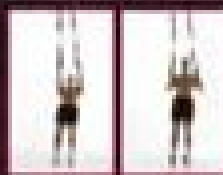
Front Squat



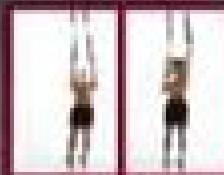
Hammer Curl



Lat Pull Down



Lat Pull with Rotation



One Leg Forward Lunge Jump



One Leg Forward Lunge



One Leg Front Squat



One Leg Squat with Kneestick Group Curl



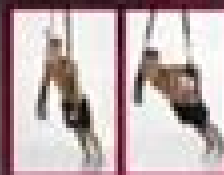
One Leg Squat with Kneestick Squat Release



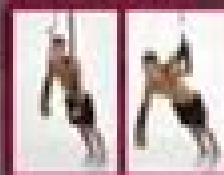
Press Up



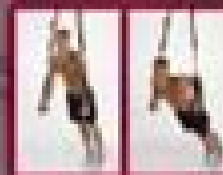
Push Up Palms Down



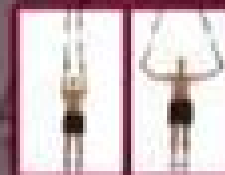
Push Up Palms Down with Rotation



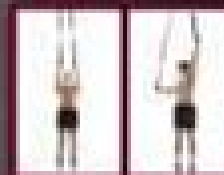
Push Up Palms Facing



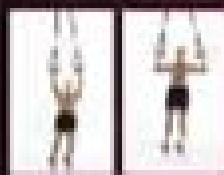
Rear Calf Fly



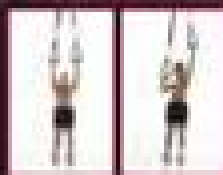
Rear Calf Y



Shoulder Pull



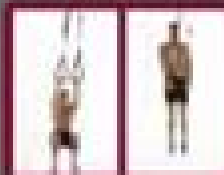
Shoulder Pull with Rotation



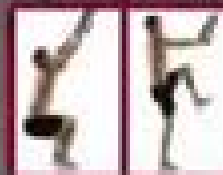
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Drive



Thigh Extension Palms Facing



Thigh Extension Palms Forward



Rip 6wall Chart Exercise Guide

Rachel S Tattersall



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