

rip:60™

EXERCISE CHART

Chest



Shoulder



Hamstring



Hip Flexor



Low Back



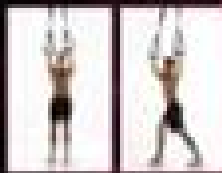
Forearm



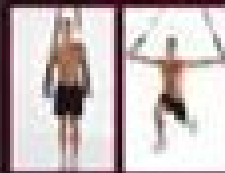
Quadriceps



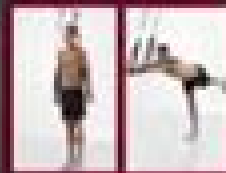
Alternating Cross Over



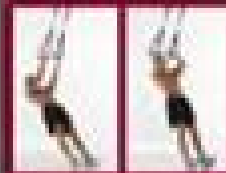
Alternating Lunge with Bear Crab Fly



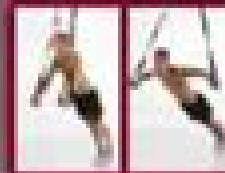
Anterior Reach



Bicep Curl



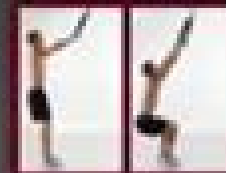
Fly



Core Squat with Hip Extension



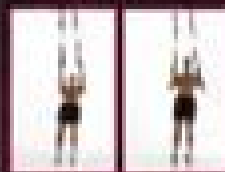
Front Squat



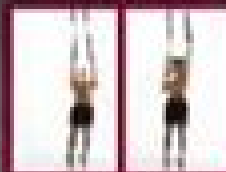
Hammer Curl



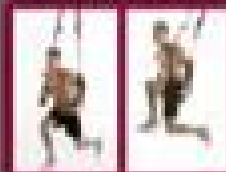
Lat Pull Down



Lat Pull with Rotation



One Leg Forward Lunge Jump



One Leg Forward Lunge



One Leg Pistol Squat



One Leg Squat with Kneeling Bicep Curl



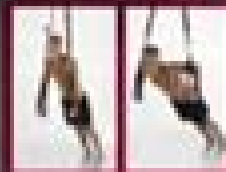
One Leg Squat with Kneeling Core Brace



Prone Grip



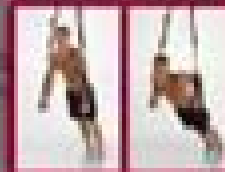
Push Up Palms Down



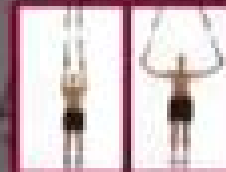
Push Up Palms Down with Rotation



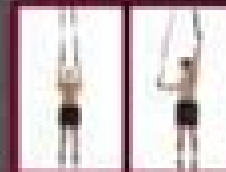
Push Up Palms Facing



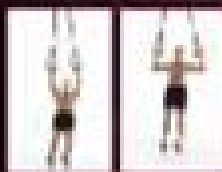
Squat Crab Fly



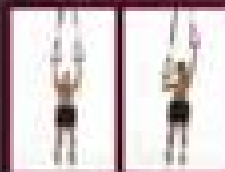
Squat Crab Y



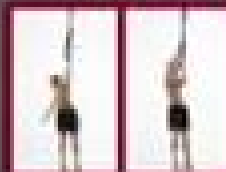
Shoulder Pull



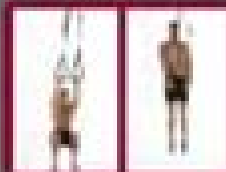
Shoulder Pull with Rotation



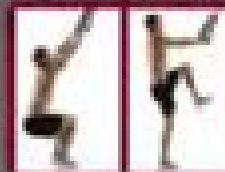
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Raise



Thigh Extension Palms Facing



Thigh Extension Palms Forward



Rip 60 Wall Chart Exercise Guide

WJ Hussar

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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