

rip:60™

EXERCISE CHART

Dead



Squat



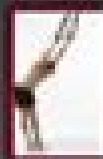
Hamstring



Hip Flexor



Low Back



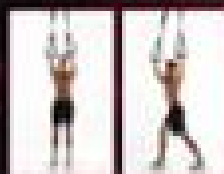
Pectoral



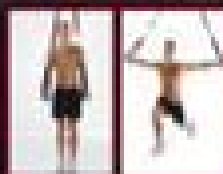
Quadr



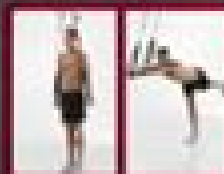
Alternating Cross Over



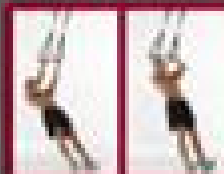
Alternating Lunge with Rear Delt Fly



Anterior Reach



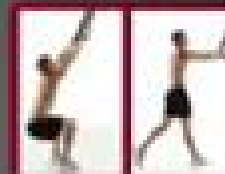
Bicep Curl



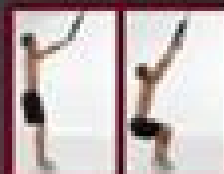
Fly



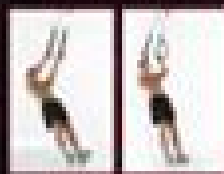
Front Squat with Hip Extension



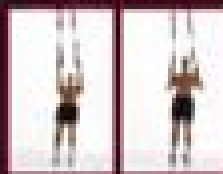
Front Squat



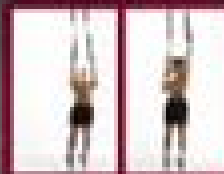
Hammer Curl



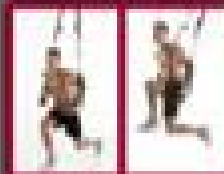
Lat Pull Down



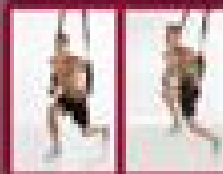
Lat Pull with Rotation



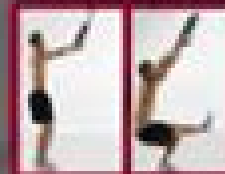
One Leg Forward Lunge Jump



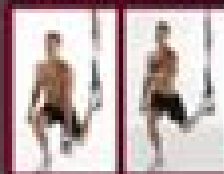
One Leg Forward Lunge



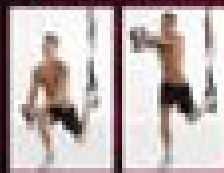
One Leg Pistol Squat



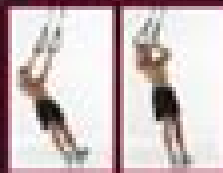
One Leg Squat with Kettlebell Bicep Curl



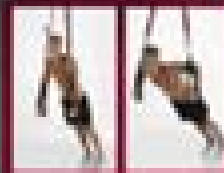
One Leg Squat with Kettlebell Front Raise



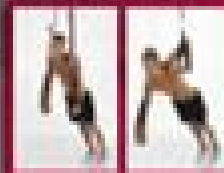
Prone Dip



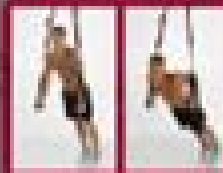
Push Up Palms Down



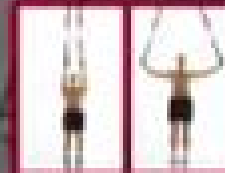
Push Up Palms Down with Rotation



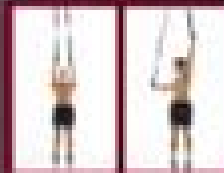
Push Up Palms Facing



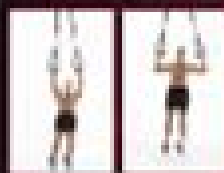
Rear Delt Fly



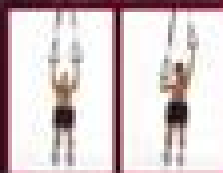
Rear Delt Y



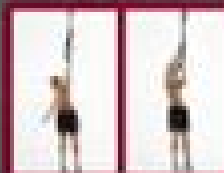
Shoulder Pull



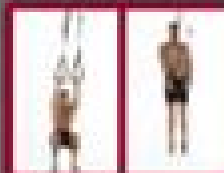
Shoulder Pull with Rotation



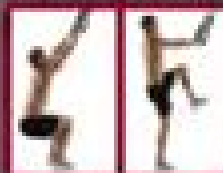
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Raise



Thigh Extension Palms Facing



Thigh Extension Palms Forward



Rip 60 Nutrition Guide

Rachel Sandford



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