

rip:60™

EXERCISE CHART

Chest



Shoulder



Hamstring



Hip Flexor



Low Back



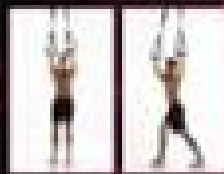
Forearm



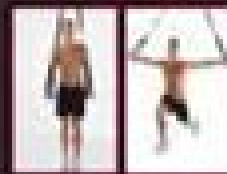
Quadriceps



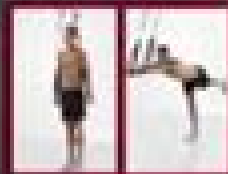
Alternating Cross Over



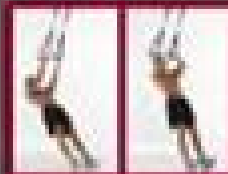
Alternating Lunge with Bear Crawl Fly



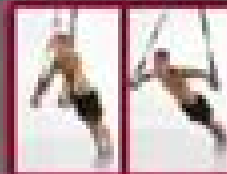
Anterior Reach



Bicep Curl



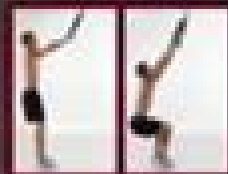
Fly



Core Squat with Hip Extension



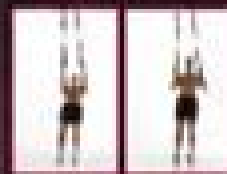
Front Squat



Hammer Curl



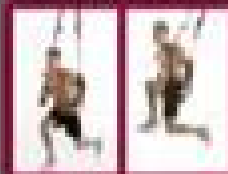
Lat Pull Down



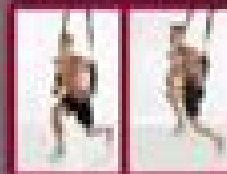
Lat Pull with Rotation



One Leg Forward Lunge Jump



One Leg Forward Lunge



One Leg Pistol Squat



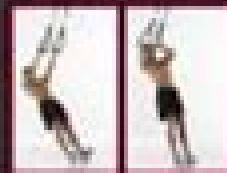
One Leg Squat with Kneeling Bicep Curl



One Leg Squat with Kneeling Forearm Curl



Prone Grip



Push Up Palms Down



Push Up Palms Down with Rotation



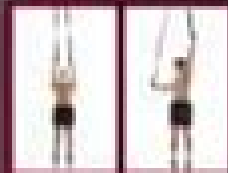
Push Up Palms Facing



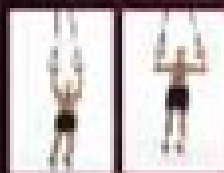
Squat Calf Fly



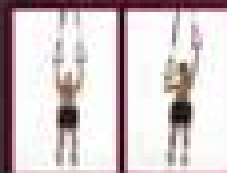
Squat Calf Y



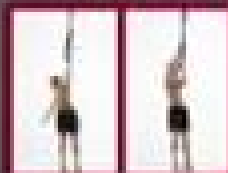
Shoulder Pull



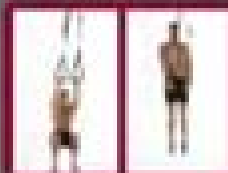
Shoulder Pull with Rotation



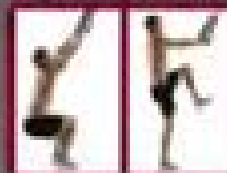
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Raise



Thigh Extension Palms Facing



Thigh Extension Palms Forward



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Liyong Dong

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the Liyong Dong text.

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