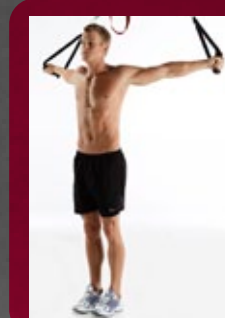


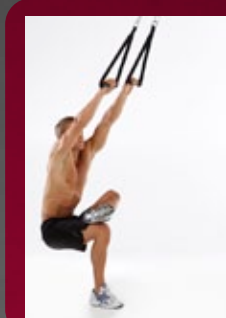
rip:60™

EXERCISE CHART

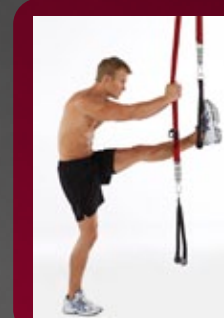
Chest



Glute



Hamstring



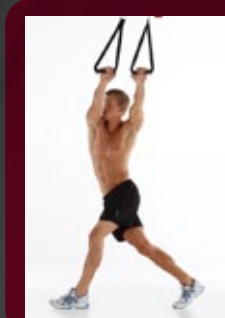
Hip Flexor



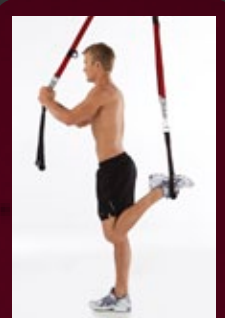
Low Back



Posterior



Quad



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



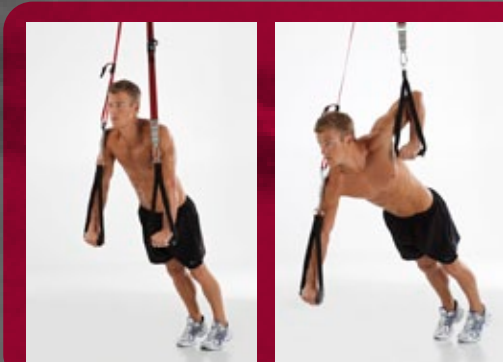
Prone Grip



Push Up Palms Down



Push Up Palms Down with Rotation



Push Up Palms Facing



Rear Delt Fly



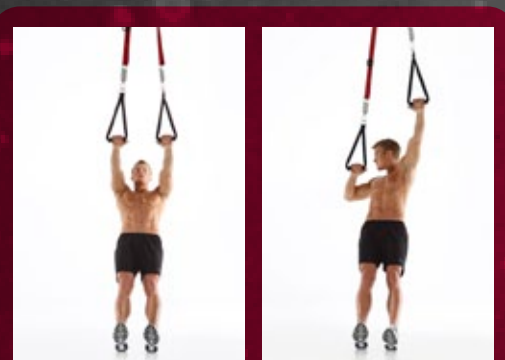
Rear Delt Y



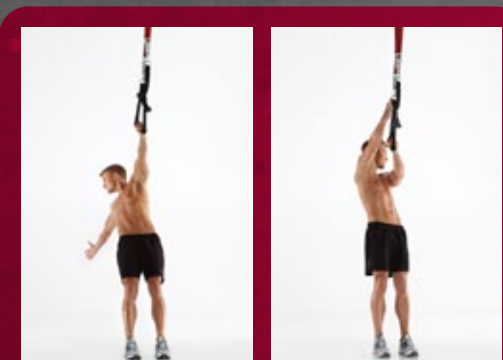
Rhomboid Pull



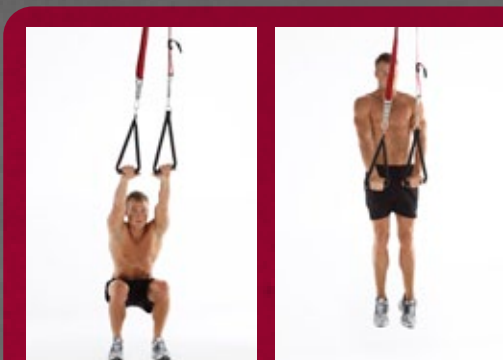
Rhomboid Pull with Rotation



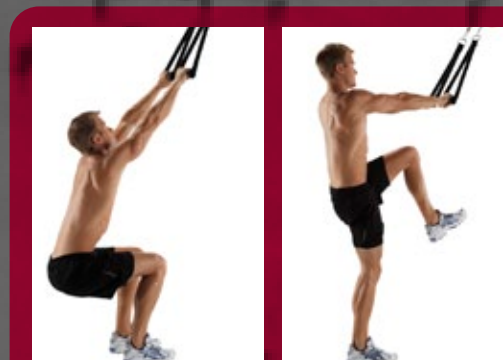
Single Arm Pull with Rotation



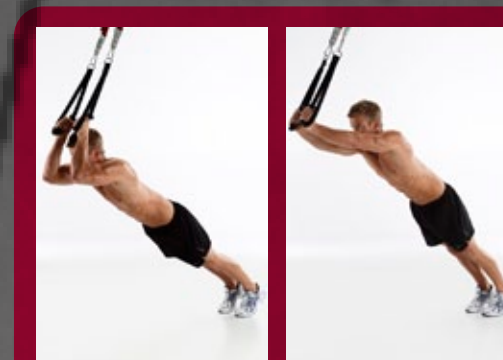
Squat Jumps



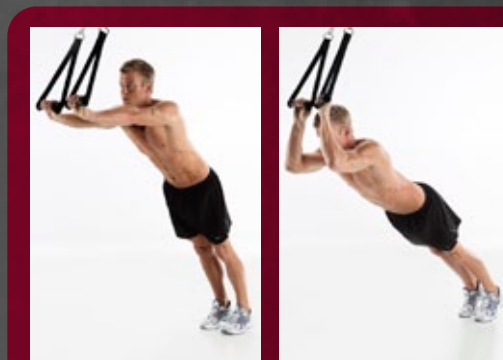
Squat with Alternating Knee Raise



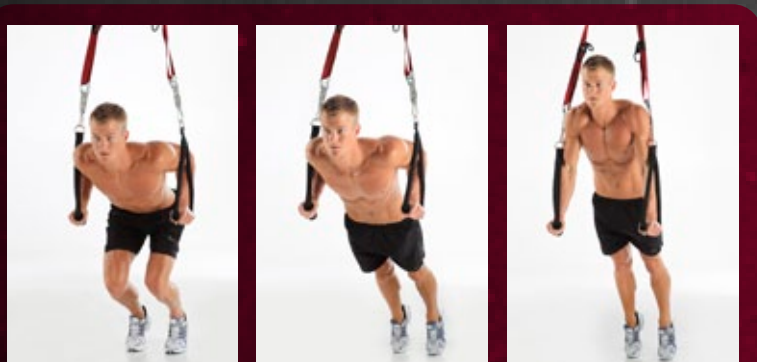
Tricep Extension Palms Facing



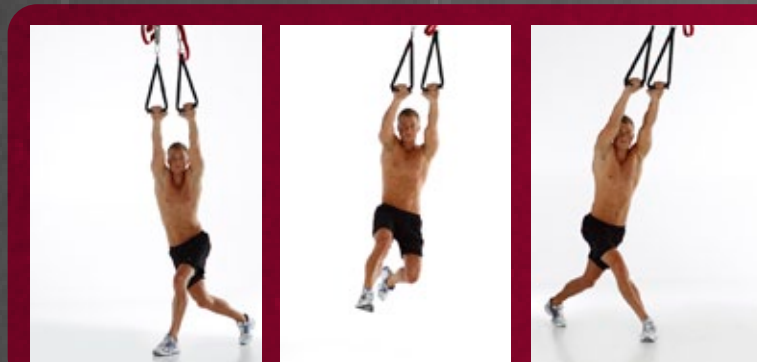
Tricep Extension Palms Forward



Forward Squat with Push Up



Peter Pan



Tricep Extension with Roll Out



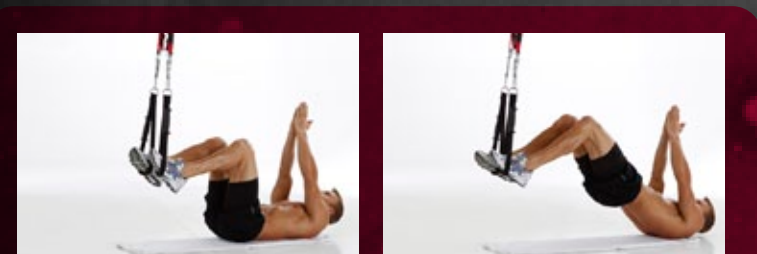
Hip Raise with Crunch



Pike to Push Up



Hip Raise



Pike



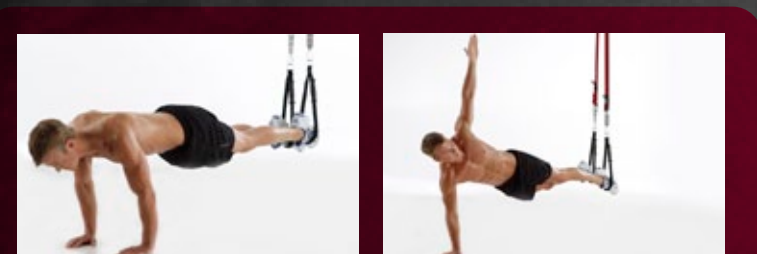
Plank to Single Leg Oblique Push Up



Plank Mountain Climbers



Plank to T-Push



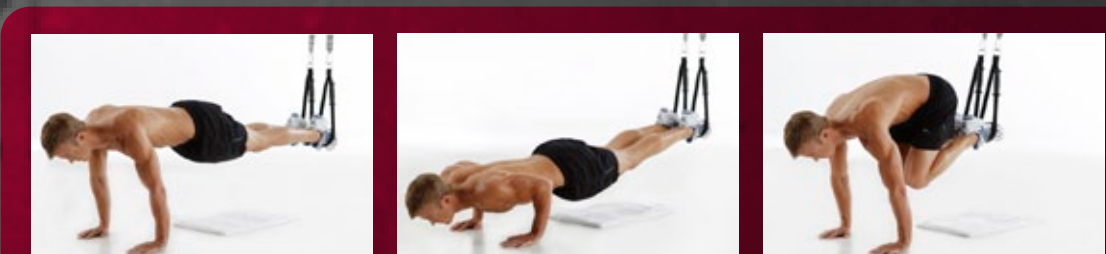
Plank to Two Leg Oblique Crunch



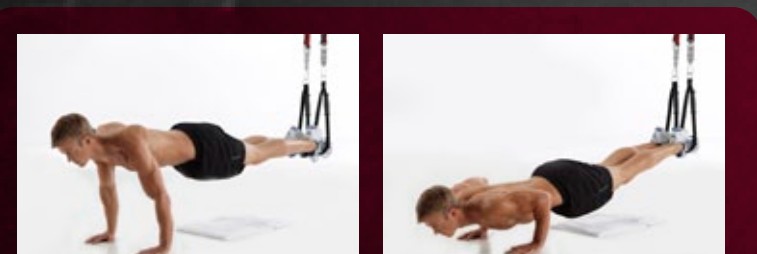
Plank with Crunch



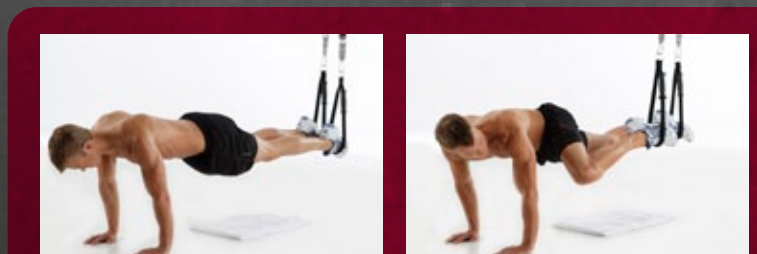
Plank Push Up to Crunch



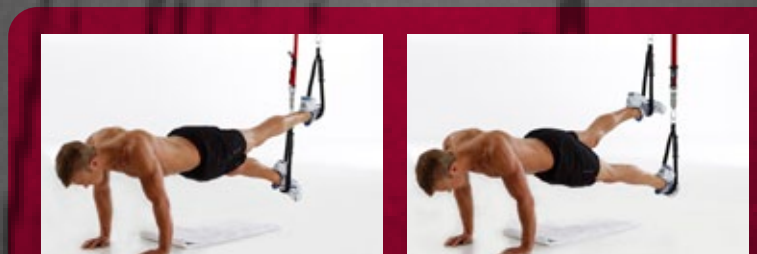
Plank with Push Up



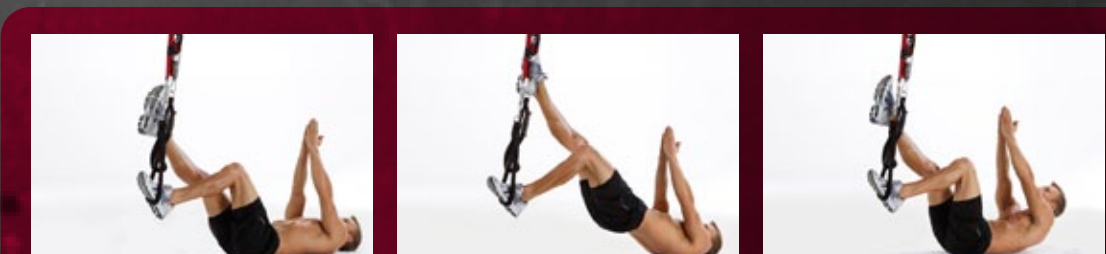
Plank with Single Leg Oblique



Prone Swimmer



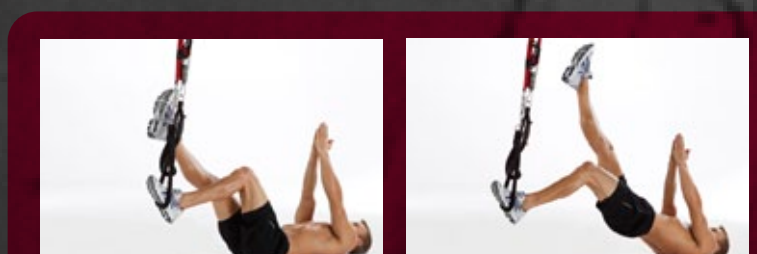
Single Leg Hip Raise with Crunch



Reverse Plank with Abduction



Single Leg Hip Raise



Stir the Pot



Supine Swimmer

