



# rip:60™











## FLEXIBILITY

**DURATION:** APPROXIMATELY 15 MINUTES

**DETAILS:** There are so many benefits to stretching and staying flexible—from sports performance to injury prevention. We all should add more stretching and lengthening into our daily routines to maximize our health and fitness.

**PROGRAM:** Perform each flexibility exercise for the listed amount of time. This is a great post-workout routine or great on those off days.

**WARM-UP:** None

EXERCISE		REPS/TIME	EQUIPMENT
Anterior Reach (Alternations)		1:00	Rip:60 Suspension System
Chest Stretch		1:00	Rip:60 Suspension System
Hip Flexor Stretch		1:00/Side	Rip:60 Suspension System
Outer Hip Stretch		1:00/Side	Rip:60 Suspension System
Low Back Stretch		1:00	Rip:60 Suspension System
Glute Stretch		1:00/Side	Rip:60 Suspension System
Hamstring Stretch		1:00/Side	Rip:60 Suspension System
Quad Stretch		1:00/Side	Rip:60 Suspension System
Squat Knee Raise (Alternations)		1:00	Rip:60 Suspension System, Kettlebell
Front Lunge Rear Delt Raises		1:00/Side	Rip:60 Suspension System