



rip:60™

EXTREME ATHLETE

DURATION: APPROXIMATELY 60 MINUTES

DETAILS: If you are an athlete that has been training for years and your results are few and far between, then this full body workout is for you. Using the power of the Rip:60 Suspension System the Extreme Athlete Workout will help you bust through plateaus by challenging you with rotational exercises, power movements, and upper and lower body strengthening exercises. At the end of each round you will find a flexibility recovery exercise, allowing that heart rate to come back down so you can push it for the next round! Become a better athlete with this time efficient but challenging workout.







PROGRAM: Perform three rounds of each set of exercises for the listed amount of reps or time interval before moving to the next group of exercises. Make sure to warm up properly with dynamic movements and light cardio before attempting this workout.

WARM-UP: Start with foam rolling and dynamic warm-up.





ROUND 1

REPS/TIME

EQUIPMENT

Lat Row With Rotation		1:00	Rip:60 Suspension System
Squat Jumps		25	Rip:60 Suspension System
Chest Fly		25	Rip:60 Suspension System
Pistol Squats		15/Side	Rip:60 Suspension System
Plank Oblique Crunch (Alternations)		1:00	Rip:60 Suspension System
Quad Stretch (Recovery)		1:00 (:30/Side)	Rip:60 Suspension System

ROUND 2

Rhomboid Pull		25	Rip:60 Suspension System
One Leg Kettlebell Squat		15/Side	Rip:60 Suspension System, Kettlebell
Prone Grip Bicep Curls		25	Rip:60 Suspension System
Tricep Extension		25	Rip:60 Suspension System



rip:60™

EXTREME ATHLETE

REPS/TIME

EQUIPMENT

Hip Raise Crunch



25

Rip: 60
Suspension System

Hamstring Stretch (Recovery)



1:00
(:30/Side)

Rip: 60
Suspension System

ROUND 3

Single Arm Rotation



1:00
(:30/Side)

Rip:60
Suspension System

Suprine Swimmers



1:00

Rip:60
Suspension System

Reverse Plank Thigh Abduction



1:00

Rip:60
Suspension System

Glute Stretch (Recovery)



1:00
(:30/Side)

Rip:60
Suspension System