



rip:60™





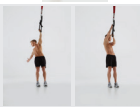







AGING POPULATION

DURATION: APPROXIMATELY 30 MINUTES

DETAILS: Maintaining and building muscle mass and training the cardiovascular system is important for a higher quality of life. Staying physically active and exercising regularly can produce long-term health benefits. Using the power of the Rip:60 Suspension System the Aging Population Workout combines basic movements like pushing, pulling, squatting and rotating with flexibility exercises to give you a workout that will have you moving and feeling great.

PROGRAM: Perform two rounds of each set of exercise for the listed amount of reps or time interval. 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.

EXERCISE		REPS/TIME	EQUIPMENT
Front Squat Hip Extension		20	Rip:60 Suspension Trainer
Lat Pull		20	Rip:60 Suspension Trainer
Forward Squat Push-Up		15	Rip:60 Suspension Trainer
Low Back Stretch (Recovery)		1:00	Rip:60 Suspension Trainer
Single Arm Rotation		10/Side	Rip:60 Suspension Trainer
Squat Knee Raise		20	Rip:60 Suspension Trainer
Bicep Curls		20	Rip:60 Suspension Trainer
Glute Stretch (Recovery)		1:00	Rip:60 Suspension Trainer
Anterior Reach (Alternations)		20	Rip:60 Suspension Trainer
Tricep Extension		20	Rip:60 Suspension Trainer
Front Lunge Rear Delt (Alternations)		20	Rip:60 Suspension Trainer
Hip Flexor Stretch (Recovery)		1:00	Rip:60 Suspension Trainer