

TRX Rip™ Training Workouts

RIP TRAINING COURSE: METABOLIC BLAST

Challenge your cardiovascular endurance with this high energy, high paced metabolic blast. For a greater challenge and increased metabolic demands, decrease rest times from 1 minute to 30 seconds.

EXERCISE	REPS/TIME	TRANSITION REST
Rip Squat Press	30 secs each side	1 minute rest in between exercises
Rip Squat Row	30 secs each side	1 minute rest in between exercises
Rip Squat Rotation	30 secs each side	1 minute rest in between exercises
Rip Paddleboard Row	30 secs each side	1 minute rest in between exercises
Rip Hockey Slap Shot	30 secs each side	1 minute rest in between exercises
Rip Overhead Axe Chop	30 secs each side	1 minute rest in between exercises
Rip Windmill	30 secs each side	1 minute rest in between exercises

BONUS WORKOUT: TOTAL BODY STRENGTH

Challenge your strength with this rep-based total body workout. For greater strength gains modify the load using the Vector Resistance Principle to increase tension or use a heavier resistance cord.

EXERCISE	REPS/TIME
Rip Drive Squat	10 reps each side
Rip Drag Squat	10 reps each side
Rip Stack Squat	10 reps each side
Rip Lateral Step Press	10 reps each side
Rip Lateral Step Row	10 reps each side
Rip Step Rotation	10 reps each side
Rip Rebounder	10 reps each side
Rip Pitchfork	10 reps each side
Rip Punch	10 reps each side