

# rip:60

## EXERCISE CHART



Alternating Chest (Over)



Alternating Lunge  
with Rear Leg Kick



Anterior Reach



Side Curl



Fly



Deep Squat  
with Side Lunge



Front Squat



Hammer Curl



Lat Pull Down



Lat Pull  
with Kickback



One Leg Balance  
with Triangle Stretch



One Leg Sidekicks Lunge



One Leg Reach Down



One Leg Reach  
with Sidekick Swing Out



Shoulder Press  
with Kickback Arms Out



Front Cing



Push Up Wall to Chest



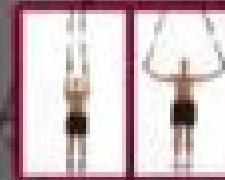
Push Up Wall to Chest  
with Kickback



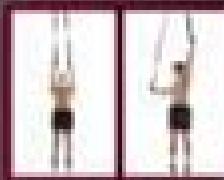
Push Up Palm Tapping



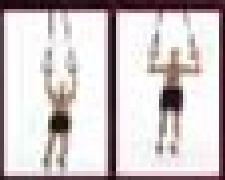
Push Calf Fly



Push Calf W



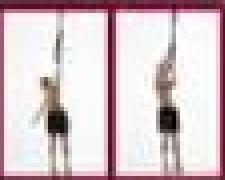
Shoulder Pull



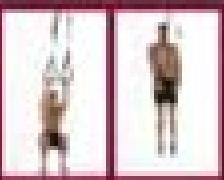
Shoulder Pull  
with Kickback



Single Arm Pull  
with Kickback



Single Jumps



Single with  
Alternating Leg Kickout



Single Extension  
Front Kickout



Single Extension  
Outer Kickout



# Rip 60 Wall Chart Exercise Guide

**S Ben Porath**

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nieszczęśliwym związku i wiedziałam że nie mam dokąd odejść wiedziałam że jest mi źle z nim ale byłoby mi

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przeczytaj recenzję jestem szczęśliwym singlem zamów dostawę do dowolnego salonu i zapłać przy odbiorze