

“VIPR™ was created from a need to evolve training tools, foster purposeful motion and blend strength training with functional training and movement. Movement is fundamental. And what makes up effective movement is a blend of lifting, shifting and twisting.”

**MICHOŁ DALCOURT, CREATOR OF VIPR**



### 1. Reverse lunge with rotation

Step back – landing only on the toes – keeping the back leg straight  
As the front knee bends – reach across the front foot with the right hand side of the VIPR – keeping the spine neutral  
Drive with the front hip to return to the start



### 2. Step-out wide squat with rotation

Step out so foot is right angle  
Squat down evenly with both legs  
As you squat down – rotate VIPR in the direction of stepping  
Drive back to the start



### 3. Reverse curtsy bend with horizontal medial reach

Step back & across – landing only on the toes – keeping the back leg straight  
As the front knee bends – reach out with VIPR to opposite side – keeping the VIPR horizontal to the floor – allowing the front hip to shift out to counter-balance  
Drive with the front hip to return to the start



### 4. Reverse lunge with over-shoulder rotation

Step back – landing on the toes – taking the back knee to the floor  
As you squat down – take the VIPR across the body & over the shoulder of the front knee  
Pause in the stretch – then drive back to the start



### 5. Step-back with medial floor reach

Step back & across – landing only on the toes – keeping the back leg straight  
As the front knee bends – reach inside the front knee with VIPR – allowing the hip of the front hip to shift out to counter-balance  
Drive with the front hip to return to the start