

rip:60™

EXERCISE CHART

Chest



Glute



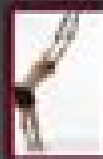
Hamstring



Hip Flexor



Low Back



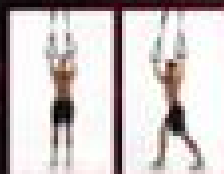
Posterior



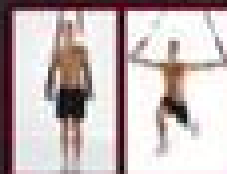
Quad



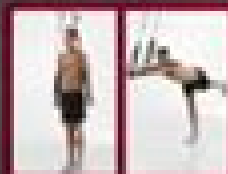
Alternating Cross Over



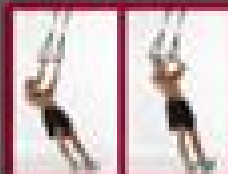
Alternating Lunge with Bear Crawl Fly



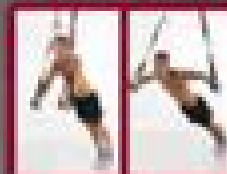
Anterior Reach



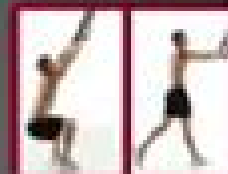
Bicep Curl



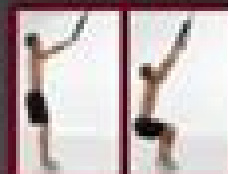
Fly



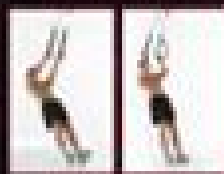
Front Squat with Hip Extension



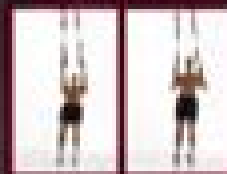
Front Squat



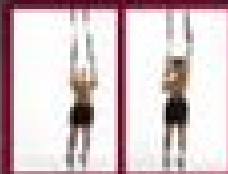
Hammer Curl



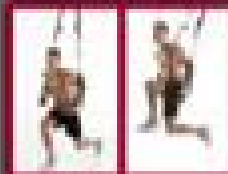
Lat Pull Down



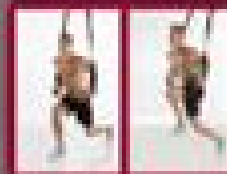
Lat Pull with Rotation



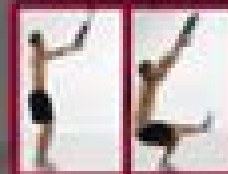
One Leg Forward Lunge Jump



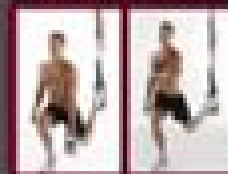
One Leg Forward Lunge



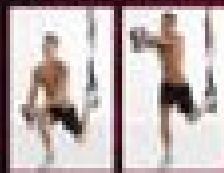
One Leg Pistol Squat



One Leg Squat with Kettlebell Bicep Curl



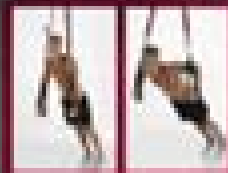
One Leg Squat with Kettlebell Front Raise



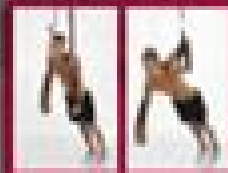
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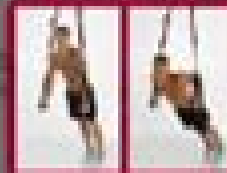
Push Up Palms Down



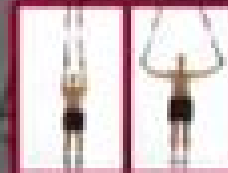
Push Up Palms Down with Rotation



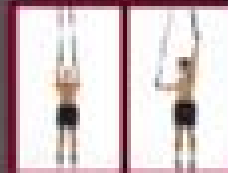
Push Up Palms Facing



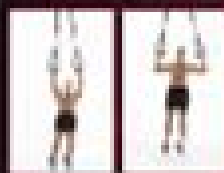
Squat Calf Fly



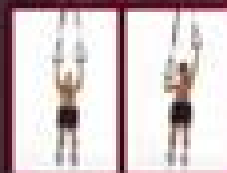
Squat Calf Y



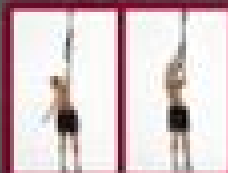
Shoulder Pull



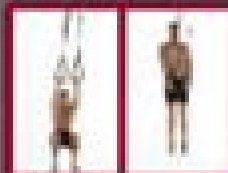
Shoulder Pull with Rotation



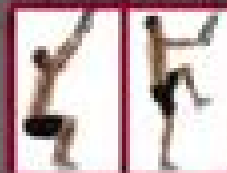
Single Arm Pull with Rotation



Squat Jump



Squat with Alternating Knee Raise



Thigh Extension Palms Facing



Thigh Extension Palms Forward



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Table of Contents Rip 60 Nutrition Guide

1. Understanding the eBook Rip 60 Nutrition Guide
 - The Rise of Digital Reading Rip 60 Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Rip 60 Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rip 60 Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rip 60 Nutrition Guide

- Personalized Recommendations
- Rip 60 Nutrition Guide User Reviews and Ratings
- Rip 60 Nutrition Guide and Bestseller Lists
- 5. Accessing Rip 60 Nutrition Guide Free and Paid eBooks
 - Rip 60 Nutrition Guide Public Domain eBooks
 - Rip 60 Nutrition Guide eBook Subscription Services
 - Rip 60 Nutrition Guide Budget-Friendly Options
- 6. Navigating Rip 60 Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Rip 60 Nutrition Guide Compatibility with Devices
 - Rip 60 Nutrition Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rip 60 Nutrition Guide
 - Highlighting and Note-Taking Rip 60 Nutrition Guide
 - Interactive Elements Rip 60 Nutrition Guide
- 8. Staying Engaged with Rip 60 Nutrition Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rip 60 Nutrition Guide
- 9. Balancing eBooks and Physical Books Rip 60 Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rip 60 Nutrition Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Rip 60 Nutrition Guide
 - Setting Reading Goals Rip 60 Nutrition Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Rip 60 Nutrition Guide

- Fact-Checking eBook Content of Rip 60 Nutrition Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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web 1 tell me about a time when you had to talk someone with no computer knowledge through an it problem this can be one

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