



# Vitality

# Performance

# Reconditioning



ViPR bridges the gap between movement and strength training. It combines full-body movement with load, enhancing the vitality, performance and reconditioning goals of clients and athletes. ViPR introduces a new concept in fitness and sports conditioning – Loaded Movement Training.

## Discover Loaded Movement Training

Loaded Movement Training combines task-oriented movement patterning with resistance training. Agility and strength come from moving the body in a multitude of purposeful tasks with load. When engaging in Loaded Movement Training, every time you move you are integrating the entire structure and the entire body in every movement. Every exercise becomes a core exercise, every exercise becomes a strength exercise, and every exercise becomes an agility exercise, to take into account the movement and energy demands of life and sport.

## Benefits of ViPR and Loaded Movement Training

- Increased functional mobility and agility
- Improved multi-directional stability, strength and power
- Enhanced balance, timing and coordination
- Increased calorie burn during and after workouts





Specifically designed for personal trainers, ViPR™ PT is everything you need to create and deliver effective workouts. There is no need to replace your current training methods – simply incorporate Loaded Movement Training into your existing training protocols. Agility and strength come from moving the body in a multitude of purposeful tasks with load, and ViPR can be lifted, carried, dragged, flipped, tilted and shifted in as many ways as the body can move. What's more, ViPR integrates seamlessly with any fitness program, with applications for large group training, boot camps, sport-specific exercise, small group training and individual PT sessions.



*“ViPR must be integrated within your club’s operational fabric. Our fitness campaign is based on ViPR. The new way of working out and changing people’s lives is through FUN fitness tools like ViPR.”*

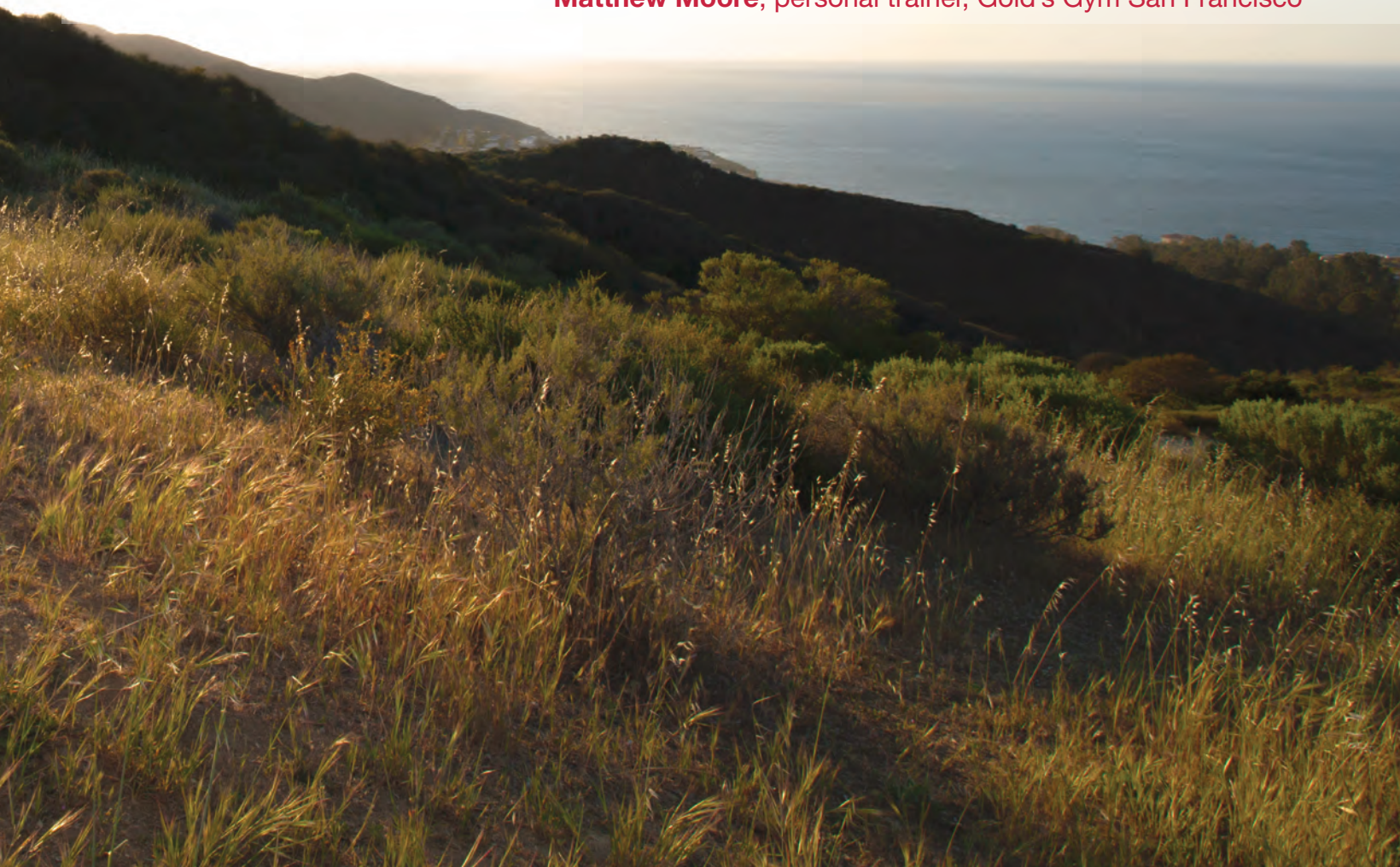
**Kerri O’Brien**, vice president, Healthy Living











*“ViPR is a brilliant training tool that bridges function and tradition. It has extreme versatility in catering to ages, training levels, sports and has immeasurable value in countless exercises.”*

**Todd Wright**, strength and conditioning coach for men’s basketball, University of Texas

*“It was easy to see at the ViPR certification how excited all the trainers were at the opportunities this tool would allow us to offer our clients. The best part of the class was ... all of the regressions and progressions that were possible .... You could really see everyone’s creativity and knowledge base as we came up with exercise variations that were fun and also purposeful.”*




**Matthew Moore**, personal trainer, Gold’s Gym San Francisco



PRODUCT COLOR	PRODUCT CODE	DESCRIPTION	PRODUCT WEIGHT	PRODUCT DIMENSIONS	BOXED DIMENSIONS	BOXED WEIGHT
 	ViPR 4KG	RUBBER ViPR 4KG	4KG	<u>L 108cm</u> <u>W 13cm</u> <u>D 13cm</u>	<u>L 114cm</u> <u>W 14cm</u> <u>D 14cm</u>	4.51KG
 	ViPR 6KG	RUBBER ViPR 6KG	6KG	<u>L 108cm</u> <u>W 13cm</u> <u>D 13cm</u>	<u>L 114cm</u> <u>W 14cm</u> <u>D 14cm</u>	6.51KG
 	ViPR 8KG	RUBBER ViPR 8KG	8KG	<u>L 108cm</u> <u>W 14cm</u> <u>D 14cm</u>	<u>L 114cm</u> <u>W 15cm</u> <u>D 15cm</u>	8.58KG
 	ViPR 10KG	RUBBER ViPR 10KG	10KG	<u>L 108cm</u> <u>W 14cm</u> <u>D 14cm</u>	<u>L 114cm</u> <u>W 15cm</u> <u>D 15cm</u>	10.58KG
 	ViPR 12KG	RUBBER ViPR 12KG	12KG	<u>L 119cm</u> <u>W 20cm</u> <u>D 20cm</u>	<u>L 122cm</u> <u>W 22cm</u> <u>D 22cm</u>	12.91KG

Color of actual product may vary slightly from imagery shown.

# EQUIPMENT

PRODUCT COLOR	PRODUCT CODE	DESCRIPTION	PRODUCT WEIGHT	PRODUCT DIMENSIONS	BOXED DIMENSIONS	BOXED WEIGHT
 <p>GRAY</p>	ViPR 16KG	RUBBER ViPR 16KG	16KG	<u>L 119cm</u> <u>W 20cm</u> <u>D 20cm</u>	<u>L 122cm</u> <u>W 22cm</u> <u>D 22cm</u>	16.91KG
 <p>BLACK</p>	ViPR 20KG	RUBBER ViPR 20KG	20KG	<u>L 119cm</u> <u>W 20cm</u> <u>D 20cm</u>	<u>L 122cm</u> <u>W 22cm</u> <u>D 22cm</u>	20.91KG
 <p>BLACK</p>	ViPR 26KG	RUBBER ViPR 26KG	26KG	<u>L 119cm</u> <u>W 20cm</u> <u>D 20cm</u>	<u>L 122cm</u> <u>W 22cm</u> <u>D 22cm</u>	26.91KG
 <p>SILVER</p>	ViPR PT RACK	<b>ViPR PT STORAGE RACK</b> Holds approx 20-30 ViPR and up to 200KGS	20KG	<u>L 147cm</u> <u>W 74cm</u> <u>D 86cm</u>	<u>L 168cm</u> <u>W 87cm</u> <u>D 16cm</u> Delivered flatpacked for assembly	23KG

ViPR not included with racks.



# GROUP





## ViPR Group Fitness

Train the way we were built to move using the intense and challenging new programs ViPR 3D and ViPR Athletic, which will revolutionize your classes and give your members the power to load up their movement for serious results!

The ViPR Group Fitness (VGF) programs have been developed by a team of highly skilled industry leaders who not only have a sound knowledge of ViPR scientific principles, but a practical understanding of instructors' needs.

To give you a hand, we've created a range of materials to help you promote ViPR Group Fitness in your facility. If there's anything else that might be useful to you when spreading the ViPR Group Fitness message, please let us know.



PRODUCT COLOR	PRODUCT CODE	DESCRIPTION	PRODUCT WEIGHT	PRODUCT DIMENSIONS	BOXED DIMENSIONS	BOXED WEIGHT
 <p><b>PURPLE</b></p>	4KG VGF	TPE ViPR 4KG	4KG	<u>L 107m</u> <u>W 12.5cm</u> <u>D 12.5cm</u>	<u>L 110cm</u> <u>W 14cm</u> <u>D 14cm</u>	4.51KG
 <p><b>RED</b></p>	6KG VGF	TPE ViPR 6KG	6KG	<u>L 107cm</u> <u>W 13.5cm</u> <u>D 13.5cm</u>	<u>L 110cm</u> <u>W 14cm</u> <u>D 14cm</u>	6.51KG
 <p><b>BLUE</b></p>	8KG VGF	TPE ViPR 8KG	8KG	<u>L 107cm</u> <u>W 14cm</u> <u>D 14cm</u>	<u>L 110cm</u> <u>W 15cm</u> <u>D 15cm</u>	8.58KG
 <p><b>SILVER</b></p> <p><small>ViPR not included with racks.</small></p>	<b>VGf RACK</b>	<b>ViPR GROUP FIT STORAGE RACK</b> <b>Holds approx 30 ViPR 300KG</b>	58KG	<u>L 169cm</u> <u>W 115cm</u> <u>D 82cm</u>	<u>L 166cm</u> <u>W 18cm</u> <u>D 18cm</u>  <u>L 84cm</u> <u>W 71cm</u> <u>D 28cm</u> <small>Delivered flatpacked in two boxes for assembly</small>	<b>17KG</b>  <b>43KG</b>

Color of actual product may vary slightly from imagery shown.





