

Exercise of the Week

This week's exercise	Exercise type	
VIPR Swing to Hold	Scan here for video	Functional
Benefits		
• Combines strength and power training with coordination, aiding with metabolic circuits. • Challenges individuals to rapidly create muscle tension and then shut those muscles down quickly to be able to move into the catch position.		
Muscles worked	Primary muscles Secondary muscles Shoulders Chest Biceps Forearms Abdominals Quadriceps Upper back Triceps Lower back Glutes Hamstrings Calves	
Considerations	• Start by holding one end of the VIPR downwards, straight in front of your torso. • Swing the VIPR and turn 90 degrees in the direction you are swinging. • Flip the VIPR upside down and catch so that your hands are supporting it from the bottom end whilst simultaneously dropping down into a squat. • Stabilise as much as possible at the bottom of the squat. Return to start position and repeat on both sides.	