

# Exercise of the Week

## This week's exercise

### VIPR Off Centre Squat



Scan to see  
video example  
of this exercise

## Exercise type

### Functional

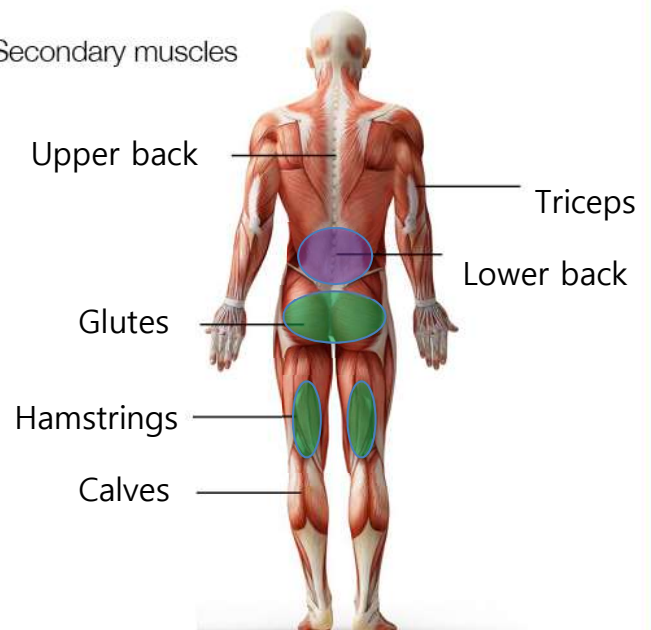
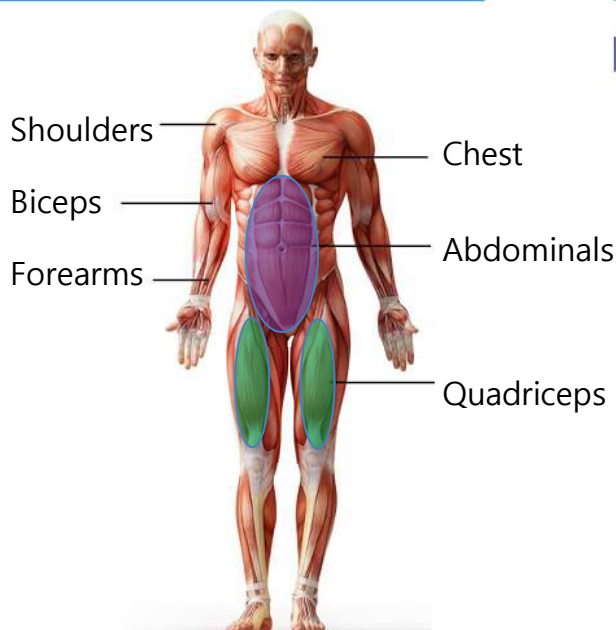
## Benefits

- Due to the nature of the exercise, weight is held unevenly it will expose and fix imbalances and asymmetries.
- Helps to improve mental toughness, concentration & fortitude through its meticulous form.
- VIPR Off Centre Squat is a fantastic exercise to combine strength and power training.
- Develop strength throughout the quadriceps, hamstrings, glutes and core.

## Muscles worked

 Primary muscles

 Secondary muscles



## Considerations

- Hold the VIPR with an offset shovel grip.
- Keep knees in line with feet.
- Try and avoid lifting the heels off the floor during the movement.
- Deliberate and controlled movements are much safer, furthermore will yield better results.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.