

FREEMOTION®

RIP:60

CLUB

MODEL # **FMRIP19**

STRENGTH SUSPENSION TRAINER



Leverage body weight to grow even stronger. Rip:60 is a complete and compact training system that works for people of all fitness levels. Easily adjustable and conveniently compact, trainers can create full body and targeted workouts that combine cardio with strength training. Ideal for any Freemotion FitRig, the easy attachments and adjustments take minutes, while the straps themselves stand up to continuous use and a wide range of weight.



RIP:60 SUSPENSION TRAINER

PRODUCT BENEFITS

SUSPENDED ROTATION

The secret to Rip:60™ Training is suspended rotation. Your body is forced to stabilize and balance throughout your workout so you engage more muscle and constantly engage your core with every move.

OPTIMIZATION ZONE

Each workout offers a beginner, intermediate and advanced position. Extreme body angles create a more intense, challenging workout while smaller angles make the workout easier. If you feel fatigued during your last few reps, simply adjust your angle and keep moving.

SIMPLE DESIGN

The unique design of the Rip:60™ Trainer is perfect for users of all levels. It adjusts with every movement so you get the workout you want. It's made of aircraft-quality aluminum and heavy-duty nylon with comfortable hand and ankle straps capable of holding up to 600 lbs (272 kg).

INNOVATIVE EDUCATION

Integrating both on and off strap movements, the Rip:60™ Education delivers a unique, high calorie-burn workout. The sequencing also utilizes functional training with push, pull, trunk and lower body methodology, working each side equally. This also allows for ample recovery time and faster results.

TRAIN LIKE THE PROS

The science of human performance is the same for everyone. Your body can train just like an elite athlete with the Rip:60™ Trainer. It combines speed, resistance and ballistic movements in just the right order.

INCLUDED ATTACHMENTS

- » Durable Nylon Suspension Trainer
- » 2 comfortable ankle straps with sliding handles
- » Wall chart
- » Owners manual

SHIPPING INFORMATION

SHIPPING DIMENSIONS (LxWxH)

18.3 x 9.8 x 11.3 in
(46.4 x 24.8 x 28.7 cm)

SHIPPING WEIGHT

5 lbs (2.2 kg)