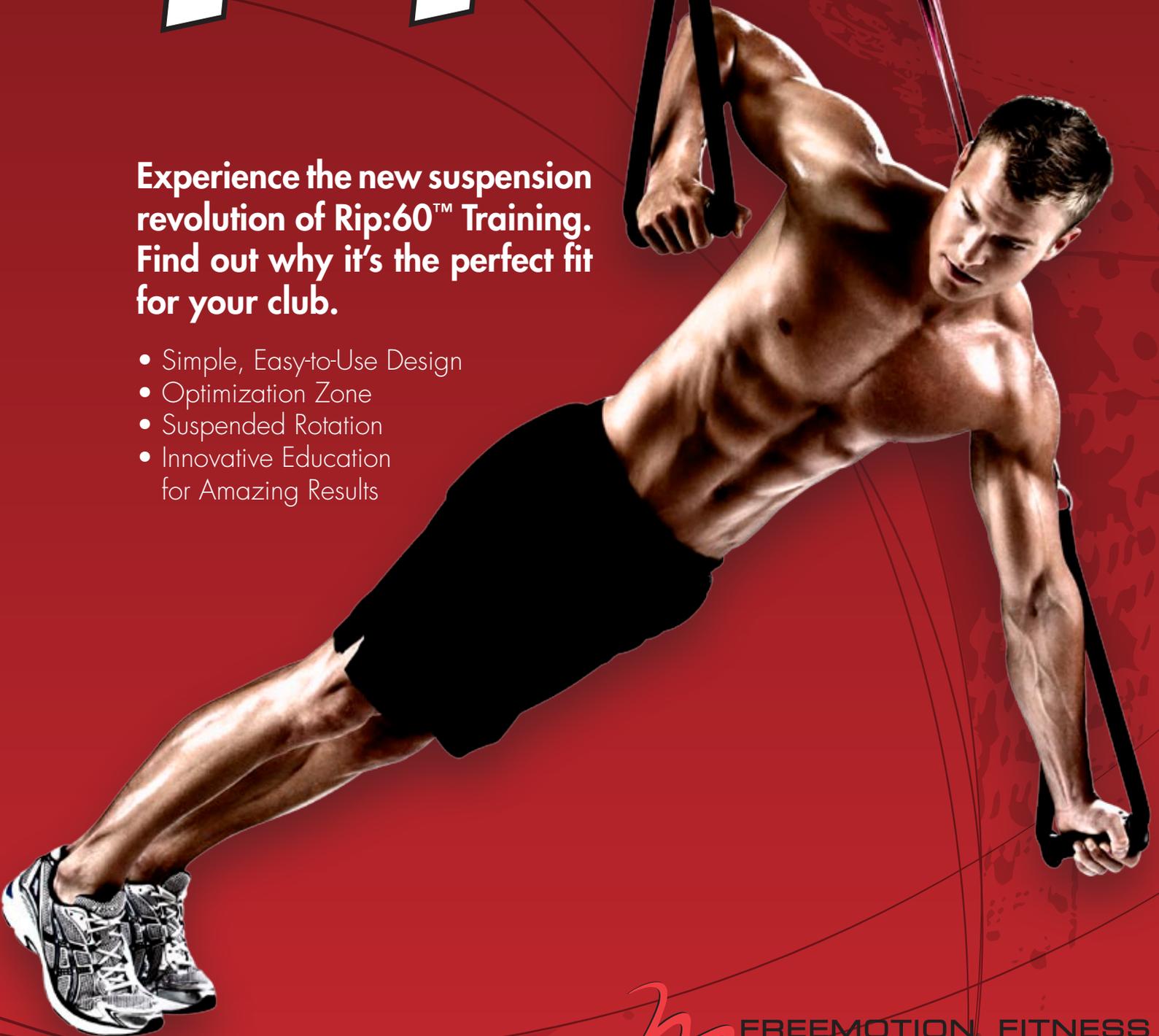


# rip:60™

Experience the new suspension revolution of Rip:60™ Training. Find out why it's the perfect fit for your club.

- Simple, Easy-to-Use Design
- Optimization Zone
- Suspended Rotation
- Innovative Education for Amazing Results



# Optimize Your Workout with the Rip:60™ Trainer



Discover a high calorie-burn workout with movements both on and off the Rip:60™ Trainer.

## ● 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.



## ● 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. This system holds up to 600 lbs. and is guaranteed for life!

## ● EACH KIT INCLUDES:

- Rip:60™ Straps
- 2 Comfortable Ankle Straps with Sliding Handles
- Rip:60™ Travel Bag
- 8 Workout DVD System
- Bonus! Jillian Michaels Workout DVD
- Bonus! Georges St. Pierre Workout DVD
- Bonus! Rip:60™ for Runners Workout DVD
- Bonus! Rip:60™ Power Yoga Workout DVD
- Wall Chart Exercise Guide
- 60-Day Nutrition Guide

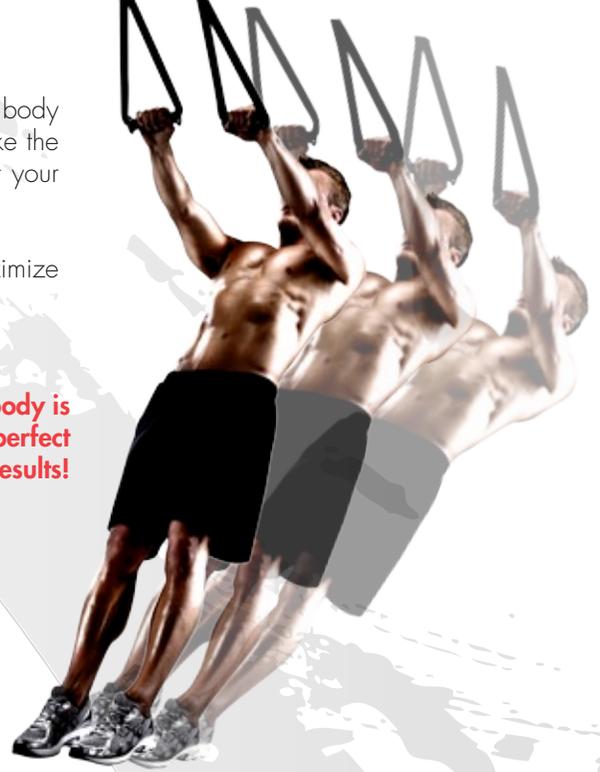


# 12 DVDs

## ● 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!

By changing your workout intensity during those last vital seconds, you'll maximize your calorie burn and increase your overall strength!



By adjusting your angle, your body is in the Optimization Zone, the perfect position for explosive results!



By adjusting your angle, your body is in the Optimization Zone, the perfect position for explosive results!

## ● SUSPENDED ROTATION

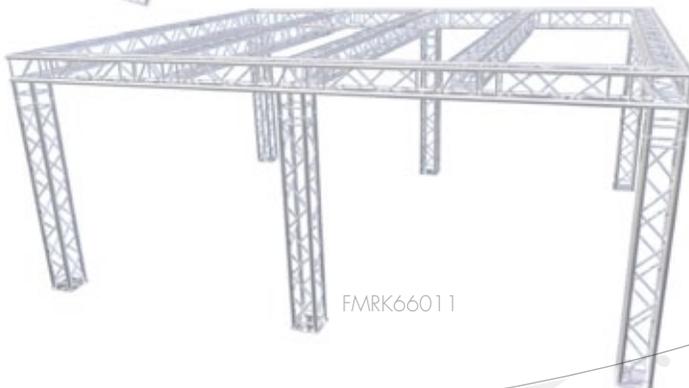
The secret to Rip:60™ Training is suspended rotation. Your body is forced to stabilize and balance throughout your workout so you engage more muscle and constantly engage your core with every move.



FMRK33011



FMRK63011



FMRK66011

## ● RACKS AVAILABLE FOR PURCHASE

FMRK33011

4-Post 3-Horizontal System

10' x 11' 2.5"

Accommodates up to 8 users.

FMRK63011

4-Post 5-Horizontal System

10' x 21' 5"

Accommodates up to 15 users.

FMRK66011

6-Post 5-Horizontal System

18' 5" x 21' 5"

Accommodates up to 25 users.

**rip:60™**

For more information, contact your FreeMotion Fitness Sales Associate • TOLL FREE 877.363.8449 or  
[+1] 435.786.2900 • Email: [sales@freemotionfitness.com](mailto:sales@freemotionfitness.com) | Web: [www.freemotionfitness.com](http://www.freemotionfitness.com)