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Begin by standing the ViPR vertically on the floor in front of you and grab it by the top, standing with your feet together. Then, take a step to the side with one foot, go into a lunge and touch the ViPR to the ground and return to the standing position, bringing the ViPR with you.

6 Great ViPR Exercises to add to Your Workout - Everyone

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ViPR > About > What is ViPR

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