

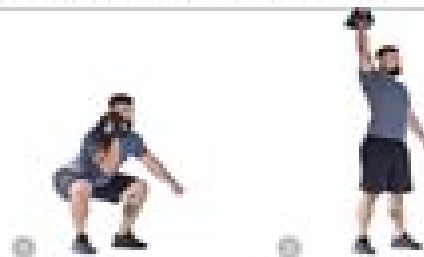
ROUND 1

1.1 TRX KNEELING ROLLOUT



- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab YBell with a center grip, resting YBell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degrees.
- Drive through the floor to return to a standing position, pressing YBell overhead.

1.3 YBELL ALTERNATING SWING



- Stand with YBell at wrist's length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the YBell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

ROUND 2

2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the YBell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return YBell to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE



- Standing tall, grab YBell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

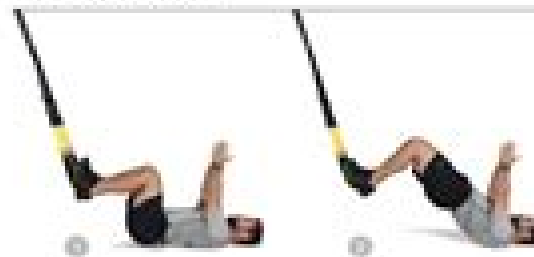
ROUND 3

3.1 TRX SINGLE LEG SQUAT



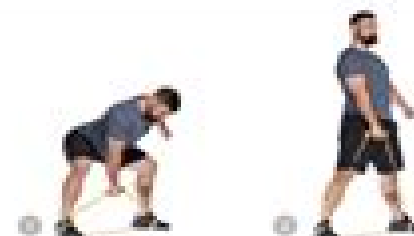
- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90-degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips/back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

Trx Quick Start Manual

Robert Appel



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Table of Contents Trx Quick Start Manual

1. Understanding the eBook Trx Quick Start Manual
 - The Rise of Digital Reading Trx Quick Start Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Trx Quick Start Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trx Quick Start Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trx Quick Start Manual
 - Personalized Recommendations
 - Trx Quick Start Manual User Reviews and Ratings
 - Trx Quick Start Manual and Bestseller Lists

5. Accessing Trx Quick Start Manual Free and Paid eBooks
 - Trx Quick Start Manual Public Domain eBooks
 - Trx Quick Start Manual eBook Subscription Services
 - Trx Quick Start Manual Budget-Friendly Options
6. Navigating Trx Quick Start Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Trx Quick Start Manual Compatibility with Devices
 - Trx Quick Start Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trx Quick Start Manual
 - Highlighting and Note-Taking Trx Quick Start Manual
 - Interactive Elements Trx Quick Start Manual
8. Staying Engaged with Trx Quick Start Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trx Quick Start Manual
9. Balancing eBooks and Physical Books Trx Quick Start Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trx Quick Start Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Trx Quick Start Manual
 - Setting Reading Goals Trx Quick Start Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Trx Quick Start Manual
 - Fact-Checking eBook Content of Trx Quick Start Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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