

21 TRX EXERCISES FOR YOUR SUSPENSION TRAINING WORKOUT

How To Design Your Workout

CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises.
Do 4 sets of 5 exercises.



BEGINNERS	Work For 10 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 30 REST
INTERMEDIATE	Work For 20 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 45 REST
ADVANCED	Work For 30 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 30 REST



TRICEPS EXTENSION



JUMP SQUATS



SQUATS



TRX ROLL OUTS



ONE LEG HAMSTRING CURL



PUSH UPS FEET IN



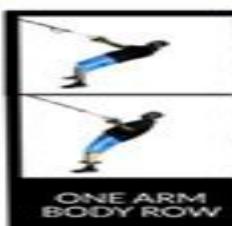
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ONE LEG SQUAT



PIKE



ONE ARM BODY ROW



ONE ARM PUSH UP



ONE ARM PULL UP



LUNGES



HAMSTRING CURL



JACKKNIFE



PULLUPS



SQUAT AND ROTATE



BICEP CURLS



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JACKKNIFE AND PUSH UP

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