

FOUNDATIONAL MOVEMENT

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PROGRESSION



PLANK

TRX PLANK



TRX BODY SAW



PULL

TRX LOW ROW



TRX Y FLY



PUSH

TRX CHEST PRESS



TRX PUSH UP



SQUAT

TRX SQUAT



TRX JUMP SQUAT



LUNGE

TRX STEP BACK LUNGE



TRX LUNGE



ROTATE

TRX WARD



TRX POWER PULL



HINGE

TRX HINGE
(FACING ANCHOR)



TRX HINGE
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Trx Setup Guide Manual

Albert A Gayle



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also provides introductions to topics such as street photography astrophotography and digiscoping It includes a full discussion of the video features of the RX1R II which can shoot HD movies with manual control of exposure and focus during movie recording In three appendices the book discusses accessories for the RX1R II including cases power sources remote controls and external flash units and includes a list of websites and other resources for further information The book includes an appendix with quick tips on how to take advantage of the camera s features in the most efficient ways possible This guide to the RX1R II includes a detailed index so the reader can quickly find needed information about any particular feature or aspect of the camera *Digital Camera Design Guide* Peter Aitken,1998 This book provides the reader with hints and tips on photograph enhancement and image manipulation techniques using a variety of software packages **Sams Teach Yourself Microsoft Word 2000 Automation in 24 Hours** Pamela Palmer,2000 Experienced Word users will learn to create their own time saving productivity enhancing macros based on VBA and begin writing their own code Basics are addressed with other topics covering sentences object paragraph object document objects templates and more

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