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Max TRX: Suspension Training Circuit



TRX Suspension Strap Bicep Curls
12 reps



TRX Suspension Straps Tricep Extensions
12 reps



TRX Suspension Straps Chest Press
16 reps



TRX Suspension Strap Rows
16 reps



TRX Suspension Strap T Flyes
10 reps



Standing TRX Suspension Strap Ab Rollout
12 reps

...and 3 more exercises



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Trx Instruction Manual

Jin-Ying Zhang



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