

21 TRX EXERCISES FOR YOUR SUSPENSION TRAINING WORKOUT

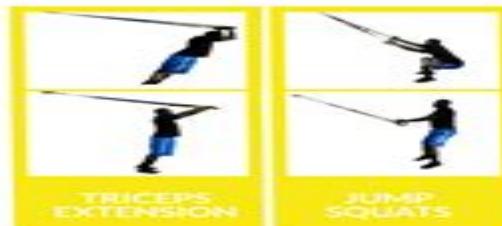
How To Design Your Workout

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



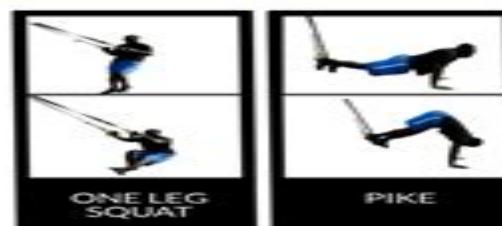
ONE LEG
HAMSTRING
CURL



PUSH UPS
FEET IN



PUSH UPS
STANDING



ONE LEG
SQUAT



PIKE



ONE ARM
BODY ROW



ONE ARM
PUSH UP



ONE ARM
PULL UP



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PULLUPS



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AND
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BICEP
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JACK KNIFE
AND
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Trx Training Guide

Gerard T. Amirian

Trx Training Guide:

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Table of Contents Trx Training Guide

1. Understanding the eBook Trx Training Guide
 - The Rise of Digital Reading Trx Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Trx Training Guide
 - 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 Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trx Training Guide
 - Personalized Recommendations
 - Trx Training Guide User Reviews and Ratings
 - Trx Training Guide and Bestseller Lists

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