

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 legs and chest height.
- Push hands forward away from anchor point, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and drive (knees) back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS

- Standing tall, grab YBELL with a same grip, holding 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 waist height in front of feet that are shoulder width apart, hinge over hips. Grab each end.
- Maintaining a flat back and chest upright, pull or lunge back off the ground and outwards legs.
- Allow the YBELL to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip/option with the opposite hand and repeat on the other side.

ROUND 2**2.1 YBELL ALTERNATING RENEGADE ROW**

- With a bar-grip position on the YBELL set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plane 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 bandit, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plane 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 open down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plane 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-calf.
- Standing tall, raise one knee to hip height, hands chest height, elbow bent to 90 degrees, and tension on the strap.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly bending 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 feet in the foot cradles and keep 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 leg band on squat foot.
- Stand with feet shoulder-width apart, hinge at the hips to grab the hip 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 tension band in the knee.

Trx Workout Guide

Jay Dawes

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Table of Contents Trx Workout Guide

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

- Trx Workout Guide User Reviews and Ratings
- Trx Workout Guide and Bestseller Lists

5. Accessing Trx Workout Guide Free and Paid eBooks

- Trx Workout Guide Public Domain eBooks
- Trx Workout Guide eBook Subscription Services
- Trx Workout Guide Budget-Friendly Options

6. Navigating Trx Workout Guide eBook Formats

- ePUB, PDF, MOBI, and More
- Trx Workout Guide Compatibility with Devices
- Trx Workout Guide Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Trx Workout Guide
- Highlighting and Note-Taking Trx Workout Guide
- Interactive Elements Trx Workout Guide

8. Staying Engaged with Trx Workout Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Trx Workout Guide

9. Balancing eBooks and Physical Books Trx Workout Guide

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Trx Workout Guide

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Trx Workout Guide

- Setting Reading Goals Trx Workout Guide
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Trx Workout Guide

- Fact-Checking eBook Content of Trx Workout 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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