

TRAINING #2

Suspension Workout 1

5 series - Circuit Training

Functional



Total Workout Fitness



1 Squat

10 repeats

1. Stand facing the anchor. Grab the handles keeping your elbows below about shoulder height and keep your palms facing each other.
2. Drop down into a squat.
3. Drive up through your heels.
4. Return to the start position.

Tip: Keep your chest lifted and the weight on the heels.

2 Low Row

10 repeats

1. Stand facing the anchor. Grab the handles with your palms facing down. Lean back with your arms straight.
2. Row the handles together, keeping your elbows pulled into the sides and move your body up towards the anchor point.
3. Return to the start position maintaining body alignment.

Tip: Keep your body straight and chest lifted. Bring your chest to the hands and the elbows in. Pull your shoulders down and back.

3 Biceps Curl

10 repeats

1. Stand facing the anchor. Grab the handles with your palms turned upwards and lean back with your arms straight.
2. Curl and pull your hands towards your temples, keeping the elbows high and aligned with your shoulders throughout the movement.
3. Return to the start position keeping body alignment.

Tip: Keep your body straight and chest lifted. Keep your elbows in line with the shoulders throughout the movement. Bring your elbows parallel to front of the shoulders, do not split them apart.

4 Chest Press

10 repeats

1. Stand facing away from the anchor. Grab the handles and extend your arms at shoulder height with your palms facing down. Keep your palms facing down and the weight on the balls of your feet.
2. Lower your chest towards the ground and bend your elbows at 90 degrees.
3. Press back up into the start position maintaining body alignment.

Tip: Keep your body straight, core engaged and chest lifted. Raise your arms slightly past the shoulder height.

5 Triceps Press

10 repeats

1. Stand facing away from the anchor. Grab the handles and extend your arms at shoulder height with your palms facing down.
2. Bend the weight on the handles, bend your elbows and bring your head towards the handles, moving your body up towards the anchor point.
3. Return to the start position keeping body alignment.

Tip: Keep your body straight and chest lifted. Keep your elbows in line with the shoulders throughout the movement. Maintain stationary shoulders. Bend the elbows.

6 Standing Roll Out

10 repeats

1. Stand facing away from the anchor and grab the handles. Keep your arms extended at shoulder height, keep your palms facing down and lean slightly forward on the balls of your feet.
2. Slowly drive your arms up and lean forward keeping your core engaged.
3. Return to the start position keeping full body alignment.

Tip: Keep your body and arms straight and the core engaged.

7 Forward Lunge (With 1 Fly)

10 repeats

1. Stand facing away from the anchor and grab handles. Extend your arms at shoulder height and keep your palms facing down.
2. Take a long step forward and reach your arms up in an "I" position.
3. Drop back your knee and drive back up into the start position through the front heel.

Tip: Keep your core engaged and your knee at a 90-degree angle to the ankle. Do not lunge too far forward.

Trx Force Guide

JL Elias

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Trx Force Guide:

Design, Modeling and Experiments of 3-DOF Electromagnetic Spherical Actuators Liang Yan,I-Ming Chen,Chee Kian Lim,Guilin Yang,Kok-Meng Lee,2011-06-06 A spherical actuator is a novel electric device that can achieve 2 3 DOF rotational motions in a single joint with electric power input It has advantages such as compact structure low mass moment of inertia fast response and non singularities within the workspace It has promising applications in robotics automobile manufacturing medicine and aerospace industry This is the first monograph that introduces the research on spherical actuators systematically It broadens the scope of actuators from conventional single axis to multi axis which will help both beginners and researchers to enhance their knowledge on electromagnetic actuators Generic analytic modeling methods for magnetic field and torque output are developed which can be applied to the development of other electromagnetic actuators A parametric design methodology that allows fast analysis and design of spherical actuators for various applications is proposed A novel non contact high precision 3 DOF spherical motion sensing methodology is developed and evaluated with experiments which shows that it can achieve one order of magnitude higher precision than conventional methods The technologies of nondimensionalization and normalization are introduced into magnetic field analysis the first time and a benchmark database is established for the reference of other researches on spherical actuators *Real Estate Record and Builders' Guide* ,1928 **Complete Guide to TRX Suspension Training** Jay Dawes,2017-05-02 For strength stability core power flexibility and balance Suspension Training delivers results Used by the best of the best from professional trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Now the ultimate Suspension Training expert shares the ultimate in Suspension Training exercises and programs Complete Guide to TRX Suspension Training from renowned strength and conditioning expert Dr Jay Dawes is the authoritative guide to Suspension Training This resource is so thorough that it has earned the endorsement of TRX Look inside at the instruction advice and insights and you ll see why This is a one of a kind resource designed to take workouts to unprecedented levels Complete Guide to TRX Suspension Training includes instructions for more than 115 exercises Complete with photo sequences variations and safety recommendations you ll learn how to develop and integrate strength power core stability flexibility and balance with the use of a Suspension Trainer In the gym at home or on the road this guide is the ultimate training companion With over thirty ready to use programs you have options for any situation and every desire It s all here If you want the best in exercise training and workouts then look no further than Complete Guide to TRX Suspension Training Discover why millions of athletes make Suspension Training the core of their program *International Missile and Spacecraft Guide* Frederick Ira Ordway,Ronald C. Wakeford,1960 Opslagsbog med beskrivelse af missiler og rumfart jer fra flere lande herunder udviklingshistorie samt landenes aktiviteter og resultater p omr det [Guide to Federal Government Acronyms](#) William R. Evinger,1989 **Clymer Honda ATC TRX Fourtrax 70-125, 1970-1987** Penton

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