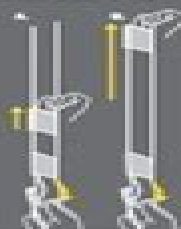
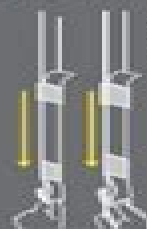


## Get Started Now

### ADJUSTING THE LENGTH OF THE TRX



To adjust the TRX:  
A. Adjust the anchor point to the desired height. Pull the anchor point down to the desired height. Pull the anchor point down to the desired height. Pull the anchor point down to the desired height.



To adjust the TRX:  
B. Adjust the anchor point to the desired height. Pull the anchor point up to the desired height. Pull the anchor point up to the desired height. Pull the anchor point up to the desired height.

### PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3 times.
3. Rest 30-60 seconds between each exercise.

### TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX length as follows:

1. **Upper Body Exercises:** Adjust the TRX length so that the anchor point is about 3 feet above the ground.
2. **Lower Body Exercises:** Adjust the TRX length so that the anchor point is about 3 feet above the ground.

### BODY POSITIONS

- STAND:** Stand with feet shoulder-width apart.
- FEET:** Feet should be about 3 feet apart.
- ANKLES:** Ankles should be about 3 feet apart.
- TOES:** Toes should be about 3 feet apart.

Adjust the TRX to the length of your body.

## UPPER BODY



**1 TRX Dumbbell Fly**  
**STANDING**  
Builds strength and stability in the upper back and shoulder girdle. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**2 TRX Triceps Rotation**  
**STANDING**  
Builds strength and stability in the triceps and shoulder girdle. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**3 TRX Chest Fly**  
**STANDING**  
Builds strength and stability in the chest and shoulder girdle. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**4 TRX Power Pull**  
**STANDING**  
Builds strength and stability in the back and shoulder girdle. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.

## LOWER BODY



**5 TRX Single Leg Squat**  
**STANDING**  
Builds strength and stability in the lower body. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**6 TRX Reverse Lunges**  
**STANDING**  
Builds strength and stability in the lower body. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**7 TRX Overhead Balance Lunge**  
**STANDING**  
Builds strength and stability in the lower body. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**8 TRX Lunge**  
**STANDING**  
Builds strength and stability in the lower body. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.

## CORE



**9 TRX Overhead Squat**  
**STANDING**  
Builds strength and stability in the lower body. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**10 TRX Reverse Lunge**  
**STANDING**  
Builds strength and stability in the lower body. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**11 TRX Side Plank**  
**STANDING**  
Builds strength and stability in the core. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.



**12 TRX Abdominal Crunch**  
**STANDING**  
Builds strength and stability in the core. Pull the TRX handles back and up, keeping the elbows close to the body. Pull the TRX handles back and up, keeping the elbows close to the body.

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**Noah Daniels**

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

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