

TRX

Strength Advanced

Looking for a challenging workout? Build total-body strength with the TRX® Suspension Trainer® through this advanced program.

Get Started Now

ADJUSTING THE LENGTH OF THE TRX



PERFORM EACH EXERCISE AS FOLLOWS:

- 1 Perform each exercise for 100 seconds.
- 2 Repeat each exercise for 100 seconds.
- 3 Rest 30-60 seconds between exercises.

TRX LENGTH ADJUSTMENT

Use quick release lever to shorten the TRX straps.

- 1 Quick release lever to shorten the strap. Length of each strap will vary to accommodate different body types.
- 2 Quick release lever to shorten the strap. Length of each strap will vary to accommodate different body types.

BODY POSITIONS

- 1 TRX Advanced: Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Perform a 100-second hold.
- 2 TRX Advanced: Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Perform a 100-second hold.
- 3 TRX Advanced: Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Perform a 100-second hold.
- 4 TRX Advanced: Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Perform a 100-second hold.

UPPER BODY



1 TRX Advanced Fly
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Pull the straps towards your chest, then extend them back out to the sides. Perform a 100-second hold.



2 TRX Advanced Kickbacks
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Pull the straps towards your chest, then extend them back out to the sides. Perform a 100-second hold.



3 TRX Advanced Fly
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Pull the straps towards your chest, then extend them back out to the sides. Perform a 100-second hold.



4 TRX Advanced Fly
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Pull the straps towards your chest, then extend them back out to the sides. Perform a 100-second hold.

LOWER BODY



5 TRX Advanced Lunges
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Step forward into a lunge position, keeping the back leg straight and the front knee aligned with the ankle. Perform a 100-second hold.



6 TRX Advanced Plank
STANDING POSITION
Lie face down on the floor, supporting your body with your forearms and toes. Hold this position for 100 seconds.



7 TRX Advanced Lateral Lunge
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Step to the side into a lunge position, keeping the back leg straight and the front knee aligned with the ankle. Perform a 100-second hold.



8 TRX Advanced Plank
STANDING POSITION
Lie face down on the floor, supporting your body with your forearms and toes. Hold this position for 100 seconds.

CORE



9 TRX Advanced Plank
STANDING POSITION
Lie face down on the floor, supporting your body with your forearms and toes. Hold this position for 100 seconds.



10 TRX Advanced Plank
STANDING POSITION
Lie face down on the floor, supporting your body with your forearms and toes. Hold this position for 100 seconds.



11 TRX Advanced Plank
STANDING POSITION
Lie face down on the floor, supporting your body with your forearms and toes. Hold this position for 100 seconds.



12 TRX Advanced Plank
STANDING POSITION
Lie face down on the floor, supporting your body with your forearms and toes. Hold this position for 100 seconds.

Trx Force Training Guide Torrent

Noah Daniels

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TRX Suspension Training Afiz H Clyde,2023-08-05

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athlete or a fitness newbie TRX Suspension Training offers an unparalleled full body workout that will ignite your progress like never before This comprehensive guide empowers you with expert knowledge step by step instructions and practical tips to optimize your training sessions and achieve remarkable results Unleash the Potential of Your Body Inside and Out With TRX Suspension Training you ll engage every muscle group and core stability enhancing your overall strength flexibility and balance Say goodbye to stale gym routines and embrace the dynamic versatility of TRX as you target specific muscle groups or challenge yourself with a full body blast What You ll Find Inside 1 Comprehensive TRX Training Techniques From the basics to advanced exercises discover how to perform each move correctly for maximum effectiveness and safety 2 Tailored Workouts for All Levels Whether you re a beginner or a seasoned athlete find customized workouts to suit your fitness level and target your specific goals 3 Fusion Workouts for Enhanced Results Integrate TRX with other training methods to amplify your gains and achieve a well rounded fitness routine 4 Mobility and Flexibility Drills Enhance your range of motion and prevent injuries with targeted stretching routines designed to keep you nimble and agile 5 Nutrition Tips for Peak Performance Complement your training with expert nutritional advice ensuring you fuel your body for optimal results Why Choose TRX Suspension Training Versatile and Portable Set up your TRX anywhere and take your workout with you wherever you go perfect for travelers and busy individuals Time Efficient Get the most out of every minute with high intensity low impact exercises that deliver exceptional results in less time Proven Effectiveness Trusted by top athletes military personnel and fitness enthusiasts worldwide TRX Suspension Training is backed by science and real world success stories Take the leap and elevate your fitness journey to new heights with TRX Suspension Training The Complete Guide to Building Strength Flexibility and Balance Join the TRX movement and experience the transformational power of suspended bodyweight training Your dream physique and peak performance await let s embark on this exciting journey together Order now and unlock the potential of TRX Suspension Training today Functional Strength Noah Daniels,2016-04-26 Most people think a fitness plan involves eating small amounts of tasteless foods going to the gym every single day and investing in expensive exercise equipment and accessories this is pretty much the norm for fad diets and people that are trying to appeal to the mirror on the wall But you don t have to do any of that with functional strength training I got tired of people thinking they needed to eat next to nothing and spend a fortune on exercise equipment so I put together the ultimate guide on getting healthy and strong the right way When I started to put these steps into practice the results blew me away I m not kidding It was all to do with following a well laid out plan that anyone can follow and I mean anyone My list grew by leaps and bounds and I began to see the truth of the saying the money is in the list Are you in the middle of the nightmare of spending all your free time slaving away on something only to discover that you have wasted your time Here s Just Some Of What You ll Learn Inside Functional Training Methods The Tools That You ll Need The Techniques You Will Use To Train Stretching And Other Ways To Prevent Injury Diet Strategies Crossfit Kettlebells And Other Effective Methods Of Strength Training Bodyweight Training And A

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