

# TRAINING #2

## Suspension Workout 1

5 series - Circuit Training

Functional



Total Workout Fitness



### 1 Squat

10 repeats

- Stand facing the anchor. Grab the handles keeping your elbows below shoulder height for the feet facing each other.
- Drop down into a squat.
- Drive up through your heels.
- Return to the start position.

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

### 2 Low Row

10 repeats

- Stand facing the anchor. Grab the handles with your palms facing down. Lean back with your arms straight.
- Row the handles together, keeping your elbows pulled into the sides and move your body up towards the anchor point.
- 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

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

- 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.
- Lower your chest towards the ground and bend your elbows at 90 degrees.
- 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

- Stand facing away from the anchor. Grab the handles and extend your arms at shoulder height with your palms facing down and lean slightly forward on the balls of your feet.
- Slowly drive your arms up and lean forward keeping your core engaged.
- Return to the start position maintaining full 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

- 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.
- Slowly drive your arms up and lean forward keeping your core engaged.
- Return to the start position maintaining full body alignment.

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

### 7 Forward Lunge (With 1 Fly)

10 repeats

- Stand facing away from the anchor and grab handles. Extend your arms at shoulder height and lean your palms facing down.
- Take a lunging step forward and reach your arms open in an "I" position.
- Drop back your torso and drive back up into the start position through the knee bend.

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

# Trx Workout Guide All Exercises

**Robert T. Grauer, Maryann Barber**



## **Trx Workout Guide All Exercises:**

**Complete Guide to TRX® Suspension Training®** Jay Dawes, 2022-11-08 For developing strength stability core power flexibility and balance Suspension Training delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Complete Guide to TRX Suspension Training Second Edition 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 100 exercises complete with instructions photo sequences variations and safety recommendations so you will 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 14 assessments and 64 ready to use programs you have options for any situation 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 people make Suspension Training the core of their program Book jacket

**Complete Guide to TRX Suspension Training** Dawes, Jay, 2017-03-30 Complete Guide to TRX Suspension Training is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results

**A Woman's Guide to Muscle and Strength** Irene Lewis-McCormick, 2012-02-14 If you re looking for a guide to strength training that addresses your needs not your boyfriend s or husband s then look no further A Woman s Guide to Muscle and Strength is created for women by a woman Designed to target the unique ways your body works and reacts to exercises this resource will produce the lean and well toned physique that you seek Nationally recognized and sought after personal trainer Irene Lewis McCormick has packed over 100 of the top exercises for women into this single resource As a featured writer for popular publications such as Shape and More magazines Lewis McCormick makes it easy for women of all ages and abilities to transform their bodies and she does so by providing progressive training programs while putting common training myths to rest From free weights and TRX suspension training to foam rollers and exercise balls this book has the workouts to fit your plan Whether you re looking for a complete body transformation or simply looking for an easy way to gain strength and definition A Woman s Guide to Muscle and Strength is your guide to the strong sexy and toned body you want

*Recreation Management*, 1962

**Pretty Happy** Kate Hudson, 2016-02-16 Like everyone else Kate Hudson is constantly on the move with a life full of work family responsibilities and relationships In Pretty Happy Kate shows how she honors her relationship with herself through exercise making the right choices about what she eats and constantly going back to the drawing board and starting fresh

instead of holding herself to unrealistic standards of perfection and giving up when she falls short In almost every interview she gives Kate is asked the same questions What do you eat How do you stay so fit What workout do you do What s your secret Well the secret is that the sound bites the media loves so much don t tell the story and the steps you need to take to have a healthy vibrant and happy life can t be captured in a short interview The key to living well and healthy is to plug into what your body needs understanding that one size does not fit all all the time and being truly honest with yourself about your goals and desires Focusing on the Four Pillars of Health to enhance well being Pretty Happy shows the benefits of Cultivating an Intuitive Relationship With Your Body Eating Well Awakening Your Body through movement The Miracle of Mindfulness Full of questionnaires to help you assess your Body Type and your stress levels advice about cleanses and keeping your diet and body balanced and plenty of interactive Drawing Board exercises Pretty Happy is a beautiful insightful and personal look at health from the inside out an authentic plan for an authentic life from a woman who truly lives what she speaks **The**

**Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition** Deidre Cane,Jonathan Cane,2012-12-04 The Complete Idiot s Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated **Inside Triathlon** ,2007 [Complete Guide to TRX® Suspension Training®](#) Jay Dawes,2022-11-08 Your essential guide to Suspension Training Since its development over a decade ago Suspension Training has remained a popular choice for developing strength stability core power flexibility and balance because it delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Approved and endorsed by TRX the global leader in functional training products programming and education the Complete Guide to TRX Suspension Training Second Edition is the authoritative resource on safe effective and optimal use of Suspension Training and programming Written by renowned strength and conditioning expert Dr Jay Dawes the book offers 100 exercises 40 variations and 24 ready to use programs designed to take your workouts to unprecedented levels The second edition is packed with full color photos demonstrating how to perform each exercise as well as 14 assessments to help determine fitness level and gauge training progress Complete Guide to TRX Suspension Training also shows you how to incorporate Suspension Training into circuit training and injury prevention programs as well as programs for improving strength and power speed and agility balance and stability and flexibility If you are tired of repetitive workout routines sick of waiting for equipment at a crowded gym or simply looking to enhance your current regimen look no further than Complete Guide to TRX Suspension Training Note Fitness Anywhere LLC has granted Human Kinetics Inc permission to use TRX trademarks in accordance with TRX Trademark Usage Guidelines for the purposes of publishing Complete Guide to TRX Suspension Training Earn continuing education credits units A continuing education

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**Office Professional 2000, Proficient Certification Edition** Robert T. Grauer, Maryann Barber, 1999 All books in this series offer consistent presentation common design pedagogy and writing style Concepts as well as key strokes are stressed Hands on exercises in every lesson provide just the right amount of practice time MOUS Certification throughout the expert level for all individual applications and Office 2000 Three levels of chapter ending exercises multiple choice practice and case studies For anyone interested in becoming more proficient in Microsoft Office 2000 **Runner's World** ,1984 *U.S. News & World Report* ,2008 **Microsoft Office Excel 2003** Robert T. Grauer, Maryann M. Barber, 2004 For Introductory Computer courses in Microsoft Office 2003 or courses in Computer Concepts with a lab component for Microsoft Office 2003 applications Master the How and Why of Office 2003 Students master the How and Why of performing tasks in Office and gain a greater understanding of how to use the individual applications together to solve business problems

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