



**1** Open Leg Squat, with TRX Handles  
10 seconds

1. Stand facing the anchor. Grab the handles keeping your elbows below shoulder height. Make sure your feet are shoulder-width apart.
2. Drive 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.

**Squat:**

10 seconds

**2** Back Extension, with TRX Handles  
10 seconds

1. Stand facing the anchor. Grab the handles with the palms facing down. Lean back with your torso straight.
2. Squeeze the shoulder blades 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 torso straight and chest lifted. Bring your chest to the handle and the elbows in. Pull your shoulders down and back.

**Low Row:**

10 repeats

**3** Seated Calf, with TRX Handles  
10 seconds

1. Stand facing the anchor. Grab the handles with your palms turned upwards and your torso straight.
2. Calf and pull your handle towards your temples, keeping the elbows high and aligned with your shoulders throughout the movement.
3. Return to the start position maintaining body alignment.

**Tip:** Keep your body straight and chest lifted. Keep your elbows in line with the shoulders. Do not split them apart.

**Seated Calf:**

10 seconds

**4** Chest Press, with TRX Handles  
10 seconds

1. Stand facing away from the anchor. Grab the handles and extend your arms out in front of you at shoulder height. Keep your torso straight and the weight on the balls of your feet.
2. Lower your chest towards the ground and bend your elbows at 90 degrees.
3. Return to the start position maintaining body alignment.

**Tip:** Keep your body straight, core engaged and chest lifted. Raise your torso slightly with the shoulder blades open.

**Chest Press:**

10 seconds

**5** Standing Pushup, with TRX Handles  
10 seconds

1. Stand facing away from the anchor. Grab the handles and extend your arms out in front of you at shoulder height.
2. Lower the weight on the handles, bend your elbows and lower your chest towards the handles, maintaining body alignment and elbows at shoulder height.
3. Return to the start position keeping tension on the handles.

**Tip:** Keep your body straight and chest lifted. Lower your elbows in line with the shoulders. Do not split them apart.

**Standing Pushup:**

10 seconds

**6** Standing Roll Out, with TRX Handles  
10 seconds

1. Stand facing away from the anchor and grab the handles. Keep your arms extended at shoulder height, bend your torso forward keeping your core engaged.
2. Slowly drive your torso up and back forward keeping your core engaged.
3. Return to the start position maintaining full body alignment.

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

**Standing Roll Out:**

10 seconds

**7** Forward Lunge, with TRX Handles  
10 seconds

1. Stand facing away from the anchor and grab the handles. Extend your arms out shoulder height and keep your palms facing down.
2. Take a long step forward, and reach your arms up in an "L" position.
3. Drive back up into the start position through the front foot.

**Tip:** Keep your torso engaged until your knee is at 90 degrees angle to the ankle, do not lunge into the forward.

**Forward Lunge:**

10 seconds

# Trx Workout Guide All Exercises

**Robert T. Grauer, Maryann Barber**

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*Recreation Management ,1962*

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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 Mindfullness 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**

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