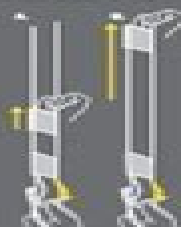
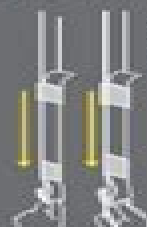


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ADJUSTING THE LENGTH OF THE TRX



To adjust the TRX:
A. Adjust the suspension strap to the desired height. Pull the strap down to the desired height and lock it. The TRX will be at the desired height.



To lengthen the TRX:
B. Lengthen the suspension strap by pulling the strap down to the desired height and locking it. The TRX will be at 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. Lengthen the suspension strap to the desired height.
2. Lock the suspension strap.
3. Repeat each exercise 3 times.

BODY POSITIONS

- STAND FACING: Stand with the suspension point.
- STAND FACING: Stand with the suspension point.
- STAND FACING: Stand with the suspension point.
- STAND FACING: Stand with the suspension point.

Adjust the TRX to the desired height.

UPPER BODY



1 TRX T-Deltoid Fly
STANDING
Builds strength and stability in the upper body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



2 TRX Triceps Rotation
STANDING
Builds strength and stability in the upper body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



3 TRX Chest Fly
STANDING
Builds strength and stability in the upper body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



4 TRX Power Pull
STANDING
Builds strength and stability in the upper body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.

LOWER BODY



5 TRX Single Leg Squat
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



6 TRX Reverse Lunges
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



7 TRX Overhead Balance
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



8 TRX Lunge
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.

CORE



9 TRX Overhead Squat
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



10 TRX Reverse Plank
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



11 TRX Side Plank
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.



12 TRX Abdominal Crunch
STANDING
Builds strength and stability in the lower body. Pull the suspension straps up and out to the sides. Stand with the suspension point. Stand with the suspension point. Stand with the suspension point.

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Noah Daniels

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