

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 120 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 120-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 120-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 120-second hold.



2 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.



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 120-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, keeping the back leg straight and the torso upright. Perform a 120-second hold.



6 TRX Advanced Lunges
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Step forward into a lunge, keeping the back leg straight and the torso upright. Perform a 100-second hold.



7 TRX Advanced Lunges
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Step forward into a lunge, keeping the back leg straight and the torso upright. Perform a 120-second hold.



8 TRX Advanced Lunges
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Step forward into a lunge, keeping the back leg straight and the torso upright. Perform a 100-second hold.

CORE



9 TRX Advanced Plank
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Transition into a high plank position, keeping the body straight and the core engaged. Perform a 120-second hold.



10 TRX Advanced Plank
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Transition into a high plank position, keeping the body straight and the core engaged. Perform a 100-second hold.



11 TRX Advanced Plank
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Transition into a high plank position, keeping the body straight and the core engaged. Perform a 120-second hold.



12 TRX Advanced Plank
STANDING POSITION
Stand with feet shoulder-width apart, arms straight, and hands gripping the straps. Transition into a high plank position, keeping the body straight and the core engaged. Perform a 100-second hold.

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Noah Daniels

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

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