

21 TRX EXERCISES FOR YOUR SUSPENSION TRAINING WORKOUT

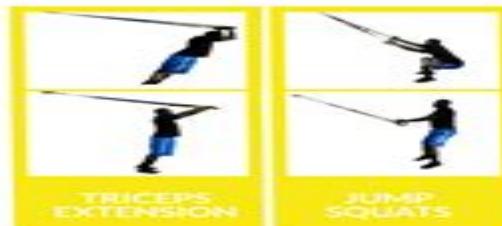
How To Design Your Workout

CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises.
Do 4 sets of 5 exercises.



BEGINNERS	Work For 10 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 30 REST
INTERMEDIATE	Work For 20 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 45 REST
ADVANCED	Work For 30 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 30 REST



TRICEPS EXTENSION



JUMP SQUATS



SQUATS



TRX ROLL OUTS



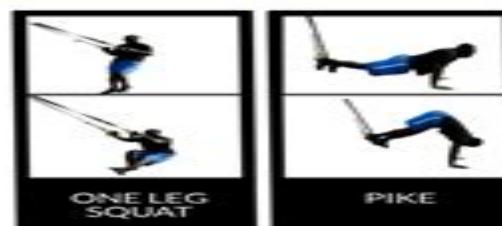
ONE LEG HAMSTRING CURL



PUSH UPS FEET IN



PUSH UPS STANDING



ONE LEG SQUAT



PIKE



ONE ARM BODY ROW



ONE ARM PUSH UP



ONE ARM PULL UP



LUNGES



HAMSTRING CURL



JACK KNIFE



PULLUPS



SQUAT AND ROTATE



BICEP CURLS



BODY ROWS



BODY TWISTS



JACK KNIFE AND PUSH UP

Trx Training Guide

**Barbara J. Hoogenboom, Michael L.
Voight, William E. Prentice**

Trx Training Guide:

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