

# YOUR TOTAL-BODY TRX STRENGTH WORKOUT

Do 10-12 reps of each move in order



Repeat this circuit a total of 3 times. | Do this workout 2-3 times per week.

**SELF**

# Trx Workout Manual

**Rose Army**



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- 2 Tailored Workouts for All Levels Whether you re a beginner or a seasoned athlete find customized workouts to suit your fitness level and target your specific goals
- 3 Fusion Workouts for Enhanced Results Integrate TRX with other training methods to amplify your gains and achieve a well rounded fitness routine
- 4 Mobility and Flexibility Drills Enhance your range of motion and prevent injuries with targeted stretching routines designed to keep you nimble and agile
- 5 Nutrition Tips for Peak Performance Complement your training with expert nutritional advice

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