

# YOUR TOTAL-BODY TRX STRENGTH WORKOUT

Do 10-12 reps of each move in order



2.  
LOW ROW



4.  
CHEST PRESS



6.  
HAMSTRING CURL



1.  
SQUAT



3.  
BACK-IT-UP LUNGE



5.  
PLANK



7.  
PIKE

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

# Trx Workout Manual

**Rose Arny**

## Trx Workout Manual:

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