

21 TRX EXERCISES FOR YOUR SUSPENSION TRAINING WORKOUT

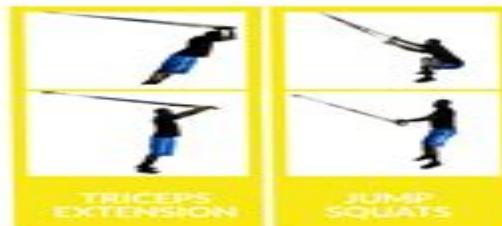
How To Design Your Workout

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



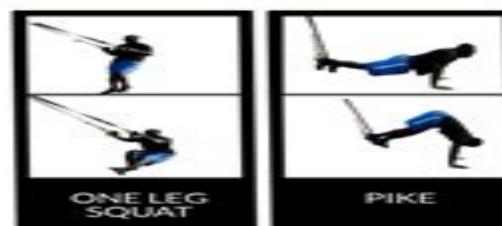
ONE LEG HAMSTRING CURL



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 Basic Training Manuals

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Murray,Chris H. Pappas,1997 Aimed at first time users of Windows 95 or those who are responsible for training large numbers of personnel on Microsoft s operating system This package offers readers a course in Windows 95 APC Training and Implementation Manual Jill Giddens,2001

Complete Guide to TRX Suspension Training Dawes, Jay,2017-03-30

Complete Guide to TRX Suspension Training is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results

Buckeye Guard ,2004

The Functional Strength Guide Kate Fit,2021-12-16

Have you ever tried a popular fitness plan or diet to lose weight or get into better shape How did it go Did you achieve your goals

Unfortunately most people fail when it comes health and fitness fads that promise easy weight loss fast muscle building and looking better in your clothes

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

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Suspension Training offers an unparalleled full body workout that will ignite your progress like never before This comprehensive guide empowers you with expert knowledge step by step instructions and practical tips to optimize your training sessions and achieve remarkable results Unleash the Potential of Your Body Inside and Out With TRX Suspension Training you ll engage every muscle group and core stability enhancing your overall strength flexibility and balance Say goodbye to stale gym routines and embrace the dynamic versatility of TRX as you target specific muscle groups or challenge yourself with a full body blast What You ll Find Inside 1 Comprehensive TRX Training Techniques From the basics to advanced exercises discover how to perform each move correctly for maximum effectiveness and safety 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

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