

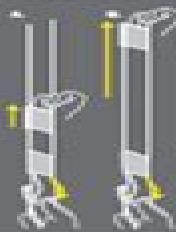
TRX

Strength

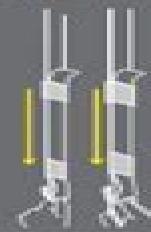
Build muscle and increase total-body strength with the TRX® Suspension Trainer®.

Get Started Now

ADJUSTING THE LENGTH OF THE TRX



The following steps will help you adjust the length of the TRX straps to the correct position for your body type and fitness level. These steps are designed to help you find the right length for your body, but you should always consult a medical professional before starting any new exercise program.



The recommended length is determined by the following factors:

• Your height
• Your weight
• Your fitness level
• Your current physical condition
• Your current fitness goals

PERFORM EACH EXERCISE AS FOLLOWS:

- 1 Perform each exercise for 10-12 seconds.
- 2 Repeat each exercise 10-12 times.
- 3 Rest 30-60 seconds between exercises.

TRX LENGTH ADJUSTMENT

When you have found the correct length for your body, you should be able to perform each exercise with proper form and technique.

- 1 **LOW PULL-THROUGH** Your body should be in a low position, with your legs bent and your feet flat on the floor. Your arms should be straight, and your torso should be upright. Your head should be in line with your spine.
- 2 **HIGH PULL-THROUGH** Your body should be in a high position, with your legs straight and your feet off the floor. Your arms should be straight, and your torso should be upright. Your head should be in line with your spine.

BODY POSITIONS

- 1 **UPPER BODY** Your body should be in a high position, with your legs straight and your feet off the floor. Your arms should be straight, and your torso should be upright. Your head should be in line with your spine.
- 2 **LOWER BODY** Your body should be in a low position, with your legs bent and your feet flat on the floor. Your arms should be straight, and your torso should be upright. Your head should be in line with your spine.
- 3 **CORE** Your body should be in a high position, with your legs straight and your feet off the floor. Your arms should be straight, and your torso should be upright. Your head should be in line with your spine.

UPPER BODY



1 TRX Lateral Raise

STRAIGHT ARMS
Strengthens the shoulder muscles. This exercise is great for improving shoulder strength and stability. It also helps to improve posture and balance.



2 TRX Chest Press

STRAIGHT ARMS
Strengthens the chest and shoulder muscles. This exercise is great for improving chest strength and stability. It also helps to improve posture and balance.



3 TRX T-Oblique

STRAIGHT ARMS
Strengthens the oblique muscles. This exercise is great for improving core strength and stability. It also helps to improve posture and balance.



4 TRX Mountain Climber

STRAIGHT ARMS
Strengthens the core muscles. This exercise is great for improving core strength and stability. It also helps to improve posture and balance.

LOWER BODY



5 TRX Glute Kickback

STRAIGHT ARMS
Strengthens the glute muscles. This exercise is great for improving glute strength and stability. It also helps to improve posture and balance.



6 TRX Glute Kickback Lunge

STRAIGHT ARMS
Strengthens the glute and leg muscles. This exercise is great for improving glute and leg strength and stability. It also helps to improve posture and balance.



7 TRX 3-Point Step Up

STRAIGHT ARMS
Strengthens the glute and leg muscles. This exercise is great for improving glute and leg strength and stability. It also helps to improve posture and balance.



8 TRX 3-Point Press

STRAIGHT ARMS
Strengthens the glute and leg muscles. This exercise is great for improving glute and leg strength and stability. It also helps to improve posture and balance.

CORE



9 TRX Plank

STRAIGHT ARMS
Strengthens the core muscles. This exercise is great for improving core strength and stability. It also helps to improve posture and balance.



10 TRX Lateral Lunge with a Twist

STRAIGHT ARMS
Strengthens the core muscles. This exercise is great for improving core strength and stability. It also helps to improve posture and balance.



11 TRX Glute Kickback with a Twist

STRAIGHT ARMS
Strengthens the core muscles. This exercise is great for improving core strength and stability. It also helps to improve posture and balance.



12 TRX 3-Way Plank

STRAIGHT ARMS
Strengthens the core muscles. This exercise is great for improving core strength and stability. It also helps to improve posture and balance.

Trx Force Training Guide

Vivian Van Dijk

Trx Force Training Guide:

Complete Guide to TRX Suspension Training Jay Dawes,2017-05-02 For strength stability core power flexibility and balance Suspension Training delivers results Used by the best of the best from professional trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Now the ultimate Suspension Training expert shares the ultimate in Suspension Training exercises and programs Complete Guide to TRX Suspension Training from renowned strength and conditioning expert Dr Jay Dawes is the authoritative guide to Suspension Training This resource is so thorough that it has earned the endorsement of TRX Look inside at the instruction advice and insights and you ll see why This is a one of a kind resource designed to take workouts to unprecedented levels Complete Guide to TRX Suspension Training includes instructions for more than 115 exercises Complete with photo sequences variations and safety recommendations you ll learn how to develop and integrate strength power core stability flexibility and balance with the use of a Suspension Trainer In the gym at home or on the road this guide is the ultimate training companion With over thirty ready to use programs you have options for any situation and every desire It s all here If you want the best in exercise training and workouts then look no further than Complete Guide to TRX Suspension Training Discover why millions of athletes make Suspension Training the core of their program

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Dale, 2015-07-09 Ok you have just hit 30 or even 40 or 50 what's next Do you simply accept that aging and becoming infirm is inevitable or do you get up off your backside and do something about it For me growing old and infirm has never been an option I watched my grandparents uncles aunts and parents all suffer from declining health and loss of mobility due to inactivity As an adult reaching 30 and 40 years of age I was shocked to discover that most of my former school mates had turned into old men and women Not for me I made the decision to stay active healthy fit and strong for as long as I possibly could and so the essence of this book was born Complete Guide to TRX® Suspension Training® Jay Dawes, 2022-11-08

Your essential guide to Suspension Training Since its development over a decade ago Suspension Training has remained a popular choice for developing strength stability core power flexibility and balance because it delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Approved and endorsed by TRX the global leader in functional training products programming and education the Complete Guide to TRX Suspension Training Second Edition is the authoritative resource on safe effective and optimal use of Suspension Training and programming Written by renowned strength and conditioning expert Dr Jay Dawes the book offers 100 exercises 40 variations and 24 ready to use programs designed to take your workouts to unprecedented levels The second edition is packed with full color photos demonstrating how to perform each exercise as well as 14 assessments to help determine fitness level and gauge training progress Complete Guide to TRX

Suspension Training also shows you how to incorporate Suspension Training into circuit training and injury prevention programs as well as programs for improving strength and power speed and agility balance and stability and flexibility If you are tired of repetitive workout routines sick of waiting for equipment at a crowded gym or simply looking to enhance your current regimen look no further than Complete Guide to TRX Suspension Training Note Fitness Anywhere LLC has granted Human Kinetics Inc permission to use TRX trademarks in accordance with TRX Trademark Usage Guidelines for the purposes of publishing Complete Guide to TRX Suspension Training Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

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