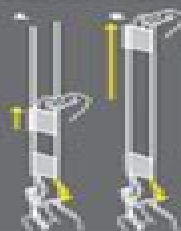
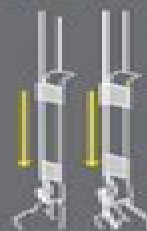


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ADJUSTING THE LENGTH OF THE TRX



To adjust how long the TRX is, pull the strap down to the desired length. The TRX will automatically lock the strap in place. To adjust the length, pull the strap down to the desired length. The TRX will automatically lock the strap in place.



To lengthen the TRX, pull the strap down to the desired length. The TRX will automatically lock the strap in place. To adjust the length, pull the strap down to the desired length. The TRX will automatically lock the strap in place.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3 times.
3. Rest 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Lengthen the TRX by pulling the strap down to the desired length. The TRX will automatically lock the strap in place.
2. Repeat each exercise 3 times.
3. Rest 30 seconds between each exercise.

BODY POSITIONS

- 1. STANDING: Feet shoulder-width apart, arms extended forward.
- 2. STANDING: Feet shoulder-width apart, arms extended forward.
- 3. STANDING: Feet shoulder-width apart, arms extended forward.
- 4. STANDING: Feet shoulder-width apart, arms extended forward.

Adjust the TRX to your height.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX lengthen to the shoulder. Throughout movement, keep shoulders relaxed. **ADJUSTMENT** 1



2 TRX Chest Press
STANDING
Strengthens chest and improves shoulder stability. TRX lengthen to the shoulder. Throughout movement, keep hands at shoulder level or higher. **ADJUSTMENT** 1



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX lengthen to the shoulder. Throughout movement, keep weight from back foot forward. **ADJUSTMENT** 1



4 TRX Shoulder Curl
STANDING
Builds strength in traps and shoulders. TRX lengthen to the shoulder. Throughout movement, keep hands at shoulder level. **ADJUSTMENT** 1

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves core stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1



6 TRX Split to Split Lunge
STANDING
Develops leg strength and improves core stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves core stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1



8 TRX Hip Press
STANDING
Develops leg strength and improves core stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1

CORE



9 TRX Plank
GROUNDING
Core strength and stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1



10 TRX Leg Extension
GROUNDING
Core strength and stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1



11 TRX Overhead Back Extension
STANDING
Develops leg strength and improves core stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1



12 TRX Hip Drop
STANDING
Develops leg strength and improves core stability. TRX lengthen to the shoulder. Throughout movement, keep feet flat on the ground. **ADJUSTMENT** 1

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Trx Force Training Guide

Vivian Van Dijk

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Trx Force Training Guide:

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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

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Table of Contents Trx Force Training Guide

1. Understanding the eBook Trx Force Training Guide
 - The Rise of Digital Reading Trx Force Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Trx Force Training Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trx Force Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trx Force Training Guide
 - Personalized Recommendations
 - Trx Force Training Guide User Reviews and Ratings

- Trx Force Training Guide and Bestseller Lists
- 5. Accessing Trx Force Training Guide Free and Paid eBooks
 - Trx Force Training Guide Public Domain eBooks
 - Trx Force Training Guide eBook Subscription Services
 - Trx Force Training Guide Budget-Friendly Options
- 6. Navigating Trx Force Training Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Trx Force Training Guide Compatibility with Devices
 - Trx Force Training Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trx Force Training Guide
 - Highlighting and Note-Taking Trx Force Training Guide
 - Interactive Elements Trx Force Training Guide
- 8. Staying Engaged with Trx Force Training Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trx Force Training Guide
- 9. Balancing eBooks and Physical Books Trx Force Training Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trx Force Training Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Trx Force Training Guide
 - Setting Reading Goals Trx Force Training Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trx Force Training Guide
 - Fact-Checking eBook Content of Trx Force Training Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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