

V-Flye Back Row

Targets: shoulders, back, arms, abs

- Stand facing TRX and hold handles; palms down.
- Step back from anchor and lean back on heels until body is angled 45 degrees from floor with arms extended diagonally upward so straps are completely taut.
- Engaging core, slowly pull body upright as you open arms wider than shoulder width (arms form a V).
- Return to start, then pull body upright again, driving elbows behind you to bring hands by ribs; palms in. Return to start to complete 1 rep.
- Do 2 sets of 15 reps.

MAKE IT EASIER Stand farther away from anchor.

MAKE IT HARDER Stand closer to anchor.



Pendulum

Targets: abs, obliques

- Adjust straps so handles hang about 1 foot from floor.
- Stand facing away from TRX and get into full plank position on floor with feet suspended in loops.
- Pressing legs together throughout, bring bent knees to touch left elbow.
- Creating a pendulum motion, swing legs through plank position and bring knees to touch right elbow to complete 1 rep.
- Do 2 sets of 15 reps.



Limbo

Targets: back, arms, abs

- Stand with feet hip-width apart, facing TRX, holding one handle in right hand (stand close enough to anchor to keep a loose tension in strap).
- With feet flat, lean torso back, bending knees so body forms a tabletop position and strap is completely taut with right arm extended; reach left hand toward floor directly behind you as low as you can, looking behind you as you lean back.
- Using right arm, pull body up to start position, keeping right arm close to ribs; reach left hand toward anchor to briefly grip strap.
- Do 15 reps; switch sides and repeat. Do 2 sets.



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Atomic Pike

Targets: shoulders, abs

- Adjust straps so handles hang about 1 foot from floor.
- Stand facing away from TRX and get into full plank position on floor with feet suspended in loops below foam handles (like cradles).
- Lift hips up into an inverted 'V' position, keeping legs and arms straight.
- Lower hips to plank position and repeat.
- Do 2 sets of 10 reps.

MAKE IT EASIER Tuck knees to chest.



Single-Leg Burpee

Targets: shoulders, chest, arms, abs, butt, legs

- Use one strap, adjusting it so handle hangs about 1 foot from floor; make sure there are a couple of feet of clearance behind TRX.
- Stand a few inches from TRX, facing away; bend right knee and place right foot through loop behind you, arms by sides.
- Balancing on left leg, crouch down and place palms on floor in front of you. Jump left foot behind you to get into full plank position, right foot suspended in loop, left foot elevated next to right.
- Do a push-up, returning to plank.
- Step left foot on floor under chest and drive through left heel to stand up.
- Do 10 reps. Switch sides. Repeat. Do 2 sets.

MAKE IT HARDER Jump up after you stand.

MAKE IT EASIER Skip the push-ups.



Pistol Squat

Targets: arms, abs, butt, legs

- Stand facing TRX and hold handles in both hands in front of waist, elbows bent by sides, palms facing down; stand close enough to anchor to keep a loose tension in straps.
- Balancing on right leg, raise left foot in front of you a few inches off floor.
- Maintaining arm position, bend right knee about 90 degrees to lower into a squat; left leg extended in front of you, foot flexed; use straps only as much as you need to for balance.
- Engage core and drive through right heel to return to standing; use as little assistance from straps and/or arms as possible.
- Switch legs and repeat to complete 3 rep.
- Do 2 sets of 10 reps.



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Trx Workouts For Beginners Guide

Kenneth Leung,Lily Chou

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TRX Training For Beginners James Smith,2017 Thank you for your interest in the for beginners series The for beginners series is a series of books aimed and designed for beginners As such the books are more like booklets in that they are short but made so that they could be easily digested easy to understand and easy to apply The goal is for you to take action The only way that any book or booklet would help you is if you take action This one in particular looks at learning how to get your body in shape using TRX training It is not focused on any fad just the basics If you are interested don t hesitate and get it The minimal investment will be worth it Your body will thank you

Pushups Exercise for Beginners

Irene Hushpupi,2025-07-06 **PUSHUPS EXERCISE FOR BEGINNERS** The Complete Beginner s Guide to Building Strength Muscle and Full Body Fitness With Step by Step Push Up Workouts Ready to build strength boost endurance and transform your body no gym required This beginner friendly guide breaks down everything you need to know about push ups in a way that s simple practical and effective Whether you ve never done a single push up or you re starting over after a long break this book walks you through the process from zero to strong at your own pace Inside you ll learn The history and science behind push ups and why they work What muscles you re actually training and how to activate them How to warm up the right way to avoid injury Step by step instructions for doing proper push ups no guesswork Beginner variations to build up your strength gradually How to create your own push up workout plan Smart ways to combine push ups with other bodyweight moves Nutrition basics to support muscle gain and fat loss The most common mistakes beginners make and how to fix them How to stay motivated and track your progress Real beginner stories that prove you re not alone No equipment No pressure Just real results Whether your goal is to tone your arms build core strength or just feel stronger in your own skin this book will guide you every step of the way

Beginner's Guide To Diet And Training

Paul Nam,2018-08-02 Do you want to start an exercise program but have no idea where to start Welcome to Beginner s Guide To Diet And Training This book is geared towards beginner s Beginner s are new to the world of training and have less than a year of training underneath them However you will find this book beneficial even as an intermediate lifter as well This 81 page book breaks down everything into a very simplistic manner so you can understand everything This book is not to encompass every aspect of training and nutrition but it is a stepping stone to get you on your way to make tremendous progress without suffering the initial phase of confusion Learn the fundamentals of weight training stretching cardiovascular workouts supplements weight loss building

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position which is a good thing This book will teach you the basics of using a suspended trainer including How to set up and adjust your suspended trainer in your home outdoors or wherever you will be using it Proper technique and avoiding common form errors How to quickly and easily modify the difficulty level of movements performed on a suspended trainer to fit a variety of fitness levels Included is an exercise library of movements and stretches that is suitable for beginners as well as a structured two month program to get you more fit more flexible and more comfortable using your suspended trainer

Triathlon Training Handbook Terri Schneider, 2018-02-27 The comprehensive guide to achieving your triathlon goals through a three stage fitness training program Combining running swimming and biking specific exercises with complementary endurance and strength training The Triathlon Training Handbook approach emphasizes targeted fitness milestones alongside proper recovery These workouts provide easy to follow programs divided weekly and by level beginner intermediate advanced PROVEN TECHNIQUES FOR STRENGTH AND ENDURANCE Combining proven strength and endurance training routines with specific skill programs The Triathlon Training Handbook lets you push your body to reach its full potential getting the results you want while avoiding stress based injury and unwanted setbacks EASY TO FOLLOW WORKOUT PLANS With workouts perfect for anyone from beginners to experts The Triathlon Training Handbook allows people to jump right in at their personal fitness level making the workouts quick and easy to include in your existing routines ONLINE SUPPORT THROUGH GETFITNOW PLATFORM Comprehensive online support via social media community forums and website featuring additional content such as exclusive exercise videos nutritional tips live updates from authors and more EXPERT PRESENTATION GUARANTEES RESULTS The Triathlon Training Handbook takes all of support and expert guidance of a dedicated personal trainer and puts it right in your hands Training tips and expert notes are included as well as a training journal where you can log your progress *CrossFit for Beginners* Hugh Daniels, 2018-11-10 Cross Training is a comprehensive full body workout It takes elements from classic strength training track and field weightlifting and gymnastics and unites them In this book you will find a beginners guide to the essential things you need to know before starting a cross training program including the terms and jargon required equipment and nutritional advice Chapters include Basic Cross Training TermsCross Training Components FeaturesThe Crossfitter Toolbox Essential KitThe Benefits of Strength TrainingNutrition for Cross TrainingDietSupplements

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