

ROUND 1**1.1 TRX KNEELING ROLLOUT**

- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between legs and chest height.
- Push hands forward away from anchor point, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and drive (knees) back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS

- Standing tall, grab YBELL with a narrow grip, resting YBELL on the shoulder if possible.
- Lower hips down and back, knees and hips to 90 degrees.
- Drive through the floor to return to a standing position, pressing YBELL overhead.

1.3 YBELL ALTERNATING SWING

- Stand with YBELL at waist height in front of feet that are shoulder width apart, hinge over hips. Grab each leg.
- Maintaining a flat back and chest upright, pull or lunge leg off the ground and outwards leg.
- Allow the YBELL to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the hip/groin with the opposite hand and repeat on the other side.

ROUND 2**2.1 YBELL ALTERNATING RENEGADE ROW**

- With a low-grip position on the YBELL set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plane with the opposite arm.
- Return YBELL to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART

- Standing upright, grab a light bandit, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plane and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE

- Standing tall, grab YBELL with double grip open down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plane push through front foot and return to standing position.
- Repeat with the opposite leg.

ROUND 3**3.1 TRX SINGLE LEG SQUAT**

- Adjust straps to mid-calf.
- Standing tall, raise one knee to hip height, hands chest height, elbow bent to 90 degrees, and tension on the strap.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly bending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS

- Adjust straps to mid-calf on the ground facing the anchor point, place feet in the foot cradles and keep knees to 90 degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT

- Single leg band on squat rack.
- Stand with feet shoulder-width apart, hinge at the hips to grab the hip band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with tension band in the knee.

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Table of Contents **Trx Exercises Guide**

1. Understanding the eBook **Trx Exercises Guide**
 - The Rise of Digital Reading **Trx Exercises Guide**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Trx Exercises 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 Exercises Guide**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Trx Exercises Guide**
 - Personalized Recommendations
 - **Trx Exercises Guide** User Reviews and Ratings
 - **Trx Exercises Guide** and Bestseller Lists

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