

WORKOUT ONE
BURN
CALORIESTOTAL
20 MINUTES

LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- 30-60 SECS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE THIS TWO ROUNDS 10-30 SECS IN BETWEEN EACH EXERCISE

ROUND 1 HAMSTRING CURL

• Adjust TRX straps for mid-calf length
• Ensure no foot compression, traps relaxed, arms extended
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

LOW ROW

• Pull TRX straps for mid-length
• Ensure no shoulder compression, pull mid-thighs down and back, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

CROSSING BALANCE LUNGE (R/L)

• Adjust TRX straps for mid-calf length
• Ensure torso stays upright, with opposite leg leading
• Extend front leg, keeping torso and head straight
• Extend back leg

ROUND 2 CHEST PRESS

• Adjust TRX straps for full length/straight
• Ensure no shoulder compression, arms extended, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

SQUAT

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, pull mid-thighs down and back, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

T-BELT TRICEP FLY

• Adjust TRX straps for mid-length
• Ensure torso stays upright, with opposite leg leading
• Extend front leg, keeping torso and head straight

ROUND 3 LUNGE (R/L)

• Adjust TRX straps for mid-calf length
• Ensure torso stays upright, front knee stays over the ankle, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend back leg

BICEPS CURL

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, arms bent, traps relaxed, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

PIKE

• Adjust TRX straps for mid-calf length
• Ensure no shoulder compression, traps relaxed, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

WORKOUT TWO
BUILD
STRENGTHTOTAL
20 MINUTES

LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- 30-60 SECS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE THIS TWO ROUNDS 10-30 SECS IN BETWEEN EACH EXERCISE

ROUND 1 CHEST PRESS

• Adjust TRX straps for full length/straight
• Ensure no shoulder compression, arms extended, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

TRICEPS PRESS

• Adjust TRX straps for full length/straight
• Extend arms in front of chest, traps relaxed, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

SINGLE LEG SQUAT (R/L)

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, no knee bend, no knee bend, no knee bend
• Lower body into flexion, right knee, no relax
• Extend back leg

ROUND 2 LOW ROW

• Pull TRX straps for mid-length
• Ensure no shoulder compression, pull mid-thighs down and back, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

BICEPS CURL

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, arms bent, traps relaxed, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend legs straight

LUNGE (R/L)

• Adjust TRX straps for mid-calf length
• Ensure torso stays upright, front knee stays over the ankle, traps relaxed
• Lower body into flexion, keeping torso and head straight
• Extend back leg

ROUND 3 HAMSTRING CURL

• Adjust TRX straps for mid-calf length
• Ensure no foot compression, traps relaxed, arms extended
• Lower body into flexion, pull knees to chest
• Extend legs straight

HIP PRESS

• Adjust TRX straps for mid-calf length
• Ensure no foot compression, traps relaxed, traps relaxed
• Lower body into flexion, traps relaxed, traps relaxed
• Extend legs straight

ATOMIC PUSH UP

• Adjust TRX straps for mid-length
• Ensure no foot compression, traps relaxed, traps relaxed
• Lower body into flexion, traps relaxed, traps relaxed
• Extend legs straight

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Forthcoming Books Rose Arny,2002

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