

21 TRX EXERCISES FOR YOUR SUSPENSION TRAINING WORKOUT

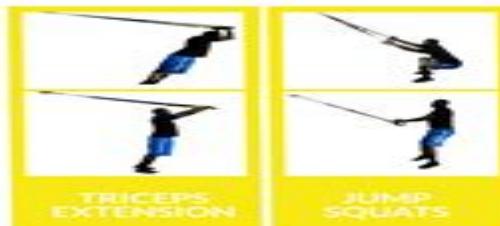
How To Design Your Workout

CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises.
Do 4 sets of 5 exercises.



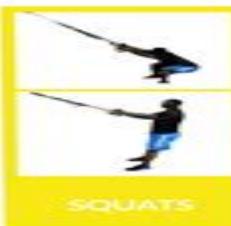
BEGINNERS	Work For 10 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 30 REST
INTERMEDIATE	Work For 20 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 45 REST
ADVANCED	Work For 30 REPETITIONS	COMPLETE 4 CIRCUITS	REST FOR 30 REST



TRICEPS EXTENSION



JUMP SQUATS



SQUATS



TRX ROLL OUTS



ONE LEG HAMSTRING CURL



PUSH UPS FEET IN



PUSH UPS STANDING



ONE LEG SQUAT



PIKE



ONE ARM BODY ROW



ONE ARM PUSH UP



ONE ARM PULL UP



LUNGES



HAMSTRING CURL



JACK KNIFE



PULLUPS



SQUAT AND ROTATE



BICEP CURLS



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JACK KNIFE AND PUSH UP

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Afiz H Clyde

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

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