

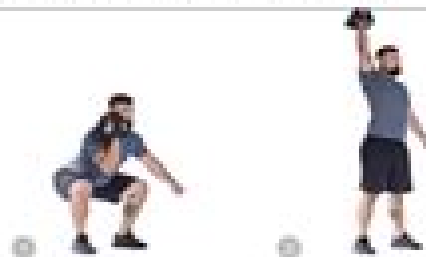
ROUND 1

1.1 TRX KNEELING ROLLOUT



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

1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab YBell with a center 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 wrist's length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the YBell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

ROUND 2

2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the YBell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank 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 band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank 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 apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

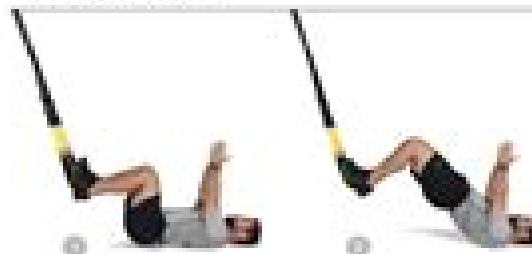
ROUND 3

3.1 TRX SINGLE LEG SQUAT



- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending 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 heels in the foot cradles and bend 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 loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top 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 minimal bend in the knee.

Trx Force Training Guide Chart

Noah Daniels

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

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New Functional Training for Sports-2nd Edition Boyle, Michael, 2016-05-18 Train to perform at the highest level with the lowest risk of injury The enhanced e book edition of New Functional Training for Sports Second Edition produces the best results on the court field track and mat not just in the weight room Michael Boyle one of the world's leading sport performance coaches presents the concepts methods exercises and programs that maximize athletes movements in competition A series of functional assessments help in determining the design of a specific plan for each athlete Self reinforcing progressions in exercises for the lower body core upper body and ultimately total body give athletes the balance proprioception stability strength and power they require for excelling in their sports Sample programs assist in the customization process and ensure each aspect of preparation for physical performance Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling stretching and dynamic warm ups The enhanced e book format for New Functional Training for Sports Second Edition goes beyond traditional exercise descriptions and explanations incorporating full color high definition composites of foundational movements and links to video demonstrations commentary and analysis of key exercises The 71 video clips show how to perform exercises for lower body core upper body plyometrics Olympic lifting and foam rolling stretching and dynamic warm ups

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Strong Lou Schuler, Alwyn Cosgrove, 2016-11-15 A groundbreaking strength and conditioning plan for women from the authors of The New Rules of Lifting for Women Forget

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Table of Contents Trx Force Training Guide Chart

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

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