

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
15-30 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 straight and back straight throughout entire range
• Extend legs straight

LOW ROW

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

CROSSING BALANCE LUNGE (R/L)

• Adjust TRX straps for mid-calf length
• Ensure no shoulder compression, arms extended using the left strap
• Lower body into flexion, keeping torso straight and back straight throughout entire range
• Extend legs straight

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 straight and back straight throughout entire range
• Extend arms straight

SQUAT

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

V-BELT TRICEP FLY

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, arms extended using the V strap, mid-thighs down
• Lower body into flexion, arms extended
• Extend arms straight

ROUND 3 LUNGE (R/L)

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

BICEPS CURL

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, arms bent, traps relaxed, arms extended
• Lower body into flexion, keeping torso straight and back straight throughout entire range
• Extend arms straight

PIKE

• Adjust TRX straps for mid-calf length
• Ensure no shoulder compression, traps relaxed, arms extended using the V strap, mid-thighs down
• Lower body into flexion, arms extended
• Extend arms 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
15-30 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 straight and back straight throughout entire range
• Extend arms straight

TRICEPS PRESS

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

SINGLE LEG SQUAT (R/L)

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, arms extended, traps relaxed, mid-thighs down
• Lower body into flexion, single leg, traps relaxed
• Extend arms straight

ROUND 2 LOW ROW

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

BICEPS CURL

• Adjust TRX straps for mid-length
• Ensure no shoulder compression, arms bent, traps relaxed, arms extended
• Lower body into flexion, keeping torso straight and back straight throughout entire range
• Extend arms straight

LUNGE (R/L)

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

ROUND 3 HAMSTRING CURL

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

HIP PRESS

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

ATOMIC PUSH UP

• Adjust TRX straps for mid-length
• Ensure no foot compression, traps relaxed, arms extended throughout entire range
• Lower body into flexion, arms extended, traps relaxed
• Extend arms straight

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Yicheng Fang

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