

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.

Trx Tactical Exercise Guide

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Dr Lakhwinder Pal Singh,Dr Sarbjit Singh,Prof Arvind Bhardwaj,2018-02-04 Proceedings of 14th International Conference on Humanizing work and work Environment TRX Training Extreme RD king, TRX Training Extreme Get All The Support And Guidance You Need To Be A Success At Getting In Shape With TRX Training This Book Is One Of The Most Valuable Resources In The World When It Comes To How To Use Suspension Training To Train And Tone Your Body Is the fact that you would like to get into shape with TRX but just don t know how making your life difficult maybe even miserable Does it seem like you ve tried everything in your power to figure it out and yet despite your best intentions you re still plagued with Not knowing about suspension training Not understanding the importance of core strength Not knowing how to use TRX correctly If this describes you then you are in luck today First you are NOT alone It may seem like it sometimes but not knowing how to get started with a workout program is far more common than you d think Government reports annual index ,199? **Warrior Workouts, Volume 2** Stewart Smith,2018-05-01 Warrior Workouts gets you into the best shape of

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Table of Contents Trx Tactical Exercise Guide

1. Understanding the eBook Trx Tactical Exercise Guide
 - The Rise of Digital Reading Trx Tactical Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Trx Tactical Exercise 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 Tactical Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trx Tactical Exercise Guide
 - Personalized Recommendations
 - Trx Tactical Exercise Guide User Reviews and Ratings
 - Trx Tactical Exercise Guide and Bestseller Lists
5. Accessing Trx Tactical Exercise Guide Free and Paid eBooks
 - Trx Tactical Exercise Guide Public Domain eBooks
 - Trx Tactical Exercise Guide eBook Subscription Services
 - Trx Tactical Exercise Guide Budget-Friendly Options
6. Navigating Trx Tactical Exercise Guide eBook Formats

- eBook, PDF, MOBI, and More
- Trx Tactical Exercise Guide Compatibility with Devices
- Trx Tactical Exercise Guide Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Trx Tactical Exercise Guide
- Highlighting and Note-Taking Trx Tactical Exercise Guide
- Interactive Elements Trx Tactical Exercise Guide

8. Staying Engaged with Trx Tactical Exercise Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Trx Tactical Exercise Guide

9. Balancing eBooks and Physical Books Trx Tactical Exercise Guide

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Trx Tactical Exercise Guide

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Trx Tactical Exercise Guide

- Setting Reading Goals Trx Tactical Exercise Guide
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Trx Tactical Exercise Guide

- Fact-Checking eBook Content of Trx Tactical Exercise 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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