


1 Open Legs, Arms Extended, Feet on Ground

1. Stand facing the anchor. Grab the handles keeping your elbows below shoulder height. Your arms should not be bending much either.
2. Slowly move into a squat.
3. Come up through your heels.
4. Return to the start position.

Tips: Keep your chest lifted and the weight on the heels.

Squat**10 repeats**
2 Open Legs, Arms Extended, Feet on Ground

1. Stand facing the anchor. Grab the handles with the palms facing down. Keep your arms straight and weight on the heels.
2. Squeeze the shoulder blades together, keeping your elbows pulled into the sides and move your body up towards the anchor point.
3. Return to the start position maintaining body alignment.

Tips: Keep your body straight and chest lifted. Bring your chest to the handle and the arms in. Keep your shoulders relaxed and bent.

Low Row**10 repeats**
3 Open Legs, Arms Extended, Feet on Ground

1. Stand facing the anchor. Grab the handles with your palms turned upwards and your arms straight and weight on the heels.
2. Curl and pull your torso towards your handles, keeping the elbows high and aligned with your shoulders throughout the movement.
3. Return to the start position maintaining body alignment.

The knees press into the straightened arms and chest lifted. Keep your elbows in line with the shoulders, do not split them apart.

Sidekick Out**10 repeats**
4 Close Legs, Arms Extended, Feet on Ground

1. Stand facing away from the anchor. Grab the handles and extend your arms out to the sides of your body.
2. Lower your torso towards the ground and bend your elbows at 90 degrees.
3. Return to the start position maintaining body alignment.

Tips: Keep your body straight and chest lifted. Bring your weight in line with the shoulders, do not split them apart.

Chest Press**10 repeats**
5 Open Legs, Arms Extended, Feet on Ground

1. Stand facing away from the anchor. Grab the handles and extend your arms out to the sides of your body.
2. Lower your weight on the handles, bend your elbows and bring your chest towards the handles, maintaining body alignment and weight at shoulder height.
3. Return to the start position keeping tension on the handles.

The knees press into the straightened arms and chest lifted. Keep your weight in line with the shoulders, do not split them apart.

Standing Roll Out**10 repeats**
6 Open Legs, Arms Extended, Feet on Ground

1. Stand facing away from the anchor and grab the handles. Keep your arms extended and your torso straight and weight on the heels.
2. Slowly move your torso up and back forward keeping your core engaged.
3. Return to the start position maintaining body alignment.

Tips: Keep your body straight and chest lifted. Bring your weight in line with the shoulders, do not split them apart.

Standing Roll Out**10 repeats**
7 Open Legs, Arms Extended, Feet on Ground

1. Stand facing away from the anchor and grab the handles. Extend your arms out to the sides of your body.
2. Take a long step forward, and reach your arms up in a 'T' position.
3. Drop back to the ground and drive back up into the start position through the front foot.

Tips: Keep your core engaged and your knee at 90 degrees angle to the floor, do not bring heel to the ground.

Forward Lunge (With a Jump)**10 repeats**

Trx Force Guide

RC Schank

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Design, Modeling and Experiments of 3-DOF Electromagnetic Spherical Actuators Liang Yan,I-Ming Chen,Chee Kian Lim,Guilin Yang,Kok-Meng Lee,2011-06-06 A spherical actuator is a novel electric device that can achieve 2 3 DOF rotational motions in a single joint with electric power input It has advantages such as compact structure low mass moment of inertia fast response and non singularities within the workspace It has promising applications in robotics automobile manufacturing medicine and aerospace industry This is the first monograph that introduces the research on spherical actuators systematically It broadens the scope of actuators from conventional single axis to multi axis which will help both beginners and researchers to enhance their knowledge on electromagnetic actuators Generic analytic modeling methods for magnetic field and torque output are developed which can be applied to the development of other electromagnetic actuators A parametric design methodology that allows fast analysis and design of spherical actuators for various applications is proposed A novel non contact high precision 3 DOF spherical motion sensing methodology is developed and evaluated with experiments which shows that it can achieve one order of magnitude higher precision than conventional methods The technologies of nondimensionalization and normalization are introduced into magnetic field analysis the first time and a benchmark database is established for the reference of other researches on spherical actuators

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