

Get Started Now

ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored without using the Suspension Trainer, TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.

To anchor without using the Suspension Trainer, hold both ends of the TRX® Loop below the point you wish to anchor.



To anchor how the TRX is anchored without using the Suspension Trainer, TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.

To anchor without using the Suspension Trainer, hold both ends of the TRX® Loop below the point you wish to anchor.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each body position 3 times.
3. Rest 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Length by holding the handles at the same level as the ground.
2. Length by holding the handles at the same level as the ground.
3. Length by holding the handles at the same level as the ground.

BODY POSITIONS

1. STANDING: Feet are shoulder-width apart.
2. STANDING: Feet are shoulder-width apart.
3. STANDING: Feet are shoulder-width apart.
4. STANDING: Feet are shoulder-width apart.

Adjust the TRX to hang up

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



4 TRX Shoulder Dead
STANDING
Builds strength in back and shoulders. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



6 TRX Split to Split Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.

CORE



9 TRX Plank
GROUNDING
Develops core strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



10 TRX Leg Extension
GROUNDING
Develops leg strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



11 TRX Overhead Back Extension
GROUNDING
Develops back strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.



12 TRX Hip Drop
GROUNDING
Develops core strength and improves posture. TRX Suspension Trainer handles only, hold both ends of the TRX® Loop below the point you wish to anchor.

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Nicholas Ratamess



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