

Get Started Now

ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

1. Attach the TRX to a secure anchor point.
2. Stand on the foot loop and pull the strap down to the desired length.
3. Release the strap and it will snap back into place.



To lengthen the TRX, follow these steps:

1. Attach the TRX to a secure anchor point.
2. Stand on the foot loop and pull the strap down to the desired length.
3. Release the strap and it will snap back into place.

PERFORM EACH EXERCISE AS FOLLOWS:

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

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Lengthen the TRX so the anchor point is about 10 inches off the ground.
2. Shorten the TRX so the anchor point is about 10 inches off the ground.

BODY POSITIONS

1. STANDING: Feet shoulder-width apart.
2. SQUAT: Feet shoulder-width apart.
3. Lunge: Feet shoulder-width apart.
4. Pushup: Feet shoulder-width apart.

Adjust the TRX to fit your body.

UPPER BODY



- 1 TRX Lat Pull**
STANDING
Strengthens back and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 2 TRX Chest Press**
STANDING
Strengthens chest and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 3 TRX T Oblique**
STANDING
Improves posture by strengthening upper back and core. TRX length: shoulder to hip. ADJUSTMENT: 1



- 4 TRX Shoulder Curl**
STANDING
Builds strength in back and shoulders. TRX length: shoulder to hip. ADJUSTMENT: 1

LOWER BODY



- 5 TRX Balance Lunge**
STANDING
Develops leg strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 6 TRX Split Squat**
STANDING
Develops leg strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 7 TRX Hinge**
STANDING
Develops leg strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 8 TRX Hip Press**
STANDING
Develops leg strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1

CORE



- 9 TRX Plank**
GROUNDING
Develops core strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 10 TRX Leg Extension**
GROUNDING
Develops leg strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 11 TRX Overhead Back Extension**
STANDING
Develops back strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1



- 12 TRX Hip Drop**
STANDING
Develops core strength and improves posture. TRX length: shoulder to hip. ADJUSTMENT: 1

Trx Force Training Guide Chart

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WIRING DIAGRAM. 1. V1 Video (DVD or Front Camera). 2. V2 Camera (Backup Camera) ... TYPE: Digital TFT-LCD Color Monitor. RESOLUTION: 320x240.