

## Get Started Now

### ADJUSTING THE LENGTH OF THE TRX



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

1. Adjust the top handle to the desired height.
2. Adjust the bottom foot loop to the desired length.



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

1. Adjust the top handle to the desired height.
2. Adjust the bottom foot loop to the desired length.

### 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. Length by pulling the top handle to the desired height.
2. Length by pulling the bottom foot loop to the desired length.

### BODY POSITIONS

1. STANDING: Feet shoulder-width apart, arms extended forward.
2. SQUAT: Feet shoulder-width apart, arms extended forward.
3. Lunge: Feet shoulder-width apart, arms extended forward.
4. Pushup: Feet shoulder-width apart, arms extended forward.

Adjust the TRX to your height.

## UPPER BODY



**1 TRX Lat Pull**  
**STANDING**  
Strengthens back and improves posture. TRX handles on the ground. Adjust the TRX to your height.



**2 TRX Chest Press**  
**STANDING**  
Strengthens chest and improves posture. TRX handles on the ground. Adjust the TRX to your height.



**3 TRX T Oblique**  
**STANDING**  
Improves posture by strengthening upper back and core muscles. TRX handles on the ground. Adjust the TRX to your height.



**4 TRX Shoulder Dead**  
**STANDING**  
Builds strength in back and shoulders. TRX handles on the ground. Adjust the TRX to your height.

## LOWER BODY



**5 TRX Balance Lunge**  
**STANDING**  
Develops leg strength and improves posture. TRX handles on the ground. Adjust the TRX to your height.



**6 TRX Slider to Slide Lunge**  
**STANDING**  
Develops leg strength and improves posture. TRX handles on the ground. Adjust the TRX to your height.



**7 TRX Hurdle Kick**  
**STANDING**  
Develops leg strength and improves posture. TRX handles on the ground. Adjust the TRX to your height.



**8 TRX Hip Press**  
**STANDING**  
Develops leg strength and improves posture. TRX handles on the ground. Adjust the TRX to your height.

## CORE



**9 TRX Plank**  
**GROUNDING**  
Core strength and stability. TRX handles on the ground. Adjust the TRX to your height.



**10 TRX Leg Extension**  
**GROUNDING**  
Core strength and stability. TRX handles on the ground. Adjust the TRX to your height.



**11 TRX Overhead Back Extension**  
**GROUNDING**  
Core strength and stability. TRX handles on the ground. Adjust the TRX to your height.



**12 TRX Hip Drop**  
**GROUNDING**  
Core strength and stability. TRX handles on the ground. Adjust the TRX to your height.

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Fitness Level: All

Without insurance you are liability without your liability insurance. Consult a physician before beginning this or any exercise program.

# Trx Force Training Guide Spanish

**Qipeng Song,Li Li,Pui Wah Kong,Lin  
Wang,Feng Wei**



## Trx Force Training Guide Spanish:

**Biomechanical Performance and Relevant Mechanism of Physical Medicine and Rehabilitation for Neuromusculoskeletal Disorders** Qipeng Song,Li Li,Pui Wah Kong,Lin Wang,Feng Wei,2023-11-23 Biomechanical performance is a key to evaluating effectiveness in physical medicine and rehabilitation for neuromusculoskeletal disorders Assessments can be applied to degenerative dysfunction e g falls or knee osteoarthritis in older adults and sports related injuries e g ankle sprain or anterior cruciate ligament injury Patients body movements and daily activity functions can be compared to the state of pre injury condition or to the level of healthy individuals Some cutting edge studies have gone a step further and used biomechanical performance to develop physical medicine and rehabilitation approaches and explore the mechanisms behind their effectiveness However such studies are still relatively rare This research topic is intended to encourage more relevant projects to be published This research topic aims to encourage researchers to use biomechanical performance to design advanced physical medicine and rehabilitation approaches evaluate the effectiveness of the rehabilitation approaches and explore the mechanisms by which rehabilitation approaches work for neuromusculoskeletal disorders Some studies have developed stretching approaches for the rehabilitation of knee osteoarthritis in older adults by measuring biomechanical performance during functional activities Some studies indicated that the mechanism of physical activity to reduce falls in older adults lies in its effectiveness in increasing proprioceptive sensitivity and further indicated that rehabilitation of proprioception may be a key to reducing falls in the fall prone older adult population Some other studies analyzed biomechanical performance in ankle ligament injuries to understand when how and why ligaments fail As a result this research topic will expand the application of biomechanical performance to better understand and treat neuromusculoskeletal disorders

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