

TRX®

Flexibility

Stretch on the TRX to reduce muscle tension, increase range of motion and improve posture.

Get started now

- ✓ Adjust TRX so bottom is at mid-calf level.



To shorten the TRX:
Depress cam buckle and push yellow tab upward as if using a bow tie arrow.
Repeat on other strap.



To lengthen the TRX:
Simultaneously depress both cam buckles and pull downward.

- ✓ Perform each exercise as follows:

1. Slowly move in and out from start to end position for 30 sec.
2. Hold end position for 30 sec.
3. Perform on both sides when indicated.

Breathe smoothly and exhale through stretches.

All-body
Fitness Level: All

UPPER BODY

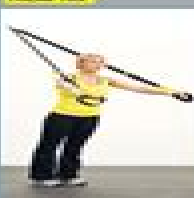
01

TRX Chest Stretch

Increases upper body mobility and increases flexibility in hip flexors and quads.

Tip: To increase, take longer step forward or adjust bottom from anchor point.

FACE AWAY



PERFORM ON BOTH SIDES



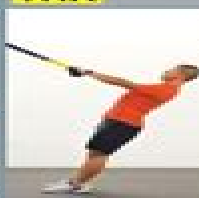
02

TRX Upper Back Stretch

Single shoulder stretch between shoulder blades.

Tip: Step left and right to stretch entire right of upper back.

FACE TRX



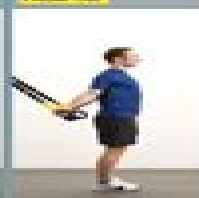
03

TRX Shoulders to Calf Stretch

Depress cam buckle and depress shoulder, knee, hip flexors and calves.

Tip: Keep shoulders pulled down and chest lifted. Intensity will increase by pulling heel from floor ground.

FACE AWAY



PERFORM ON BOTH SIDES



04

TRX Standing Neck Stretch

Stretches and reduces stress in neck and shoulders.

Tip: Tilt head to stretch neck.

FACE TO TRX



PERFORM ON BOTH SIDES



LOWER BODY

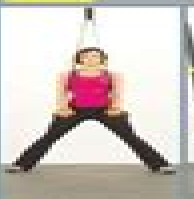
05

TRX Wide-Stance Hip Hinge

Reduces tension in lower back, hip, glutes and hamstrings.

Tip: To increase, lift pelvis forward using heel press ahead to foot.

FACE TRX



PERFORM ON BOTH SIDES



06

TRX Offset Hip Hinge

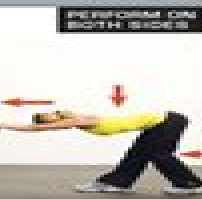
Offset stance helps maximize stretch in supporting as well as lower back, hips and glutes.

Tip: To increase stretch to hamstrings, gradually bend rear knee.

FACE TRX



PERFORM ON BOTH SIDES



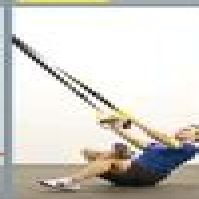
07

TRX Seated Figure-4 Stretch

Stretches deep hip muscles and glutes for improved hip mobility and better lower body performance.

Tip: To increase, raise toes off grounded feet.

FACE TRX



PERFORM ON BOTH SIDES



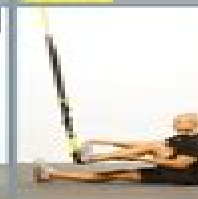
08

TRX Hamstring Stretch

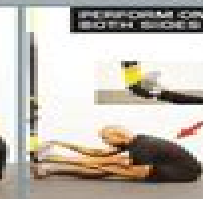
Stretches calves, hamstrings and lower back.

Tip: Stretch deeper each time you press forward.

FACE TRX



PERFORM ON BOTH SIDES



CORE

09

TRX Lower Back Stretch with Rotations

Increases flexibility in lower back and hamstrings.

Tip: For maximum benefit, rotate as far as possible toward center.

FACE TRX



PERFORM ON BOTH SIDES



10

TRX Camel Stretch

Increases tightness in lower, hip flexors and quads.

Tip: Press hips forward and squeeze glutes to get maximum front body stretch.

FACE TRX



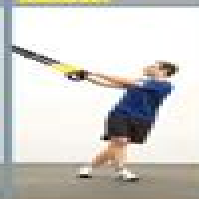
11

TRX Long Torso Twist

Allows for deep stretch in hips and legs.

Tip: Cross one leg over other to rotate torso. Drop hips as far down as possible.

FACE TRX



PERFORM ON BOTH SIDES



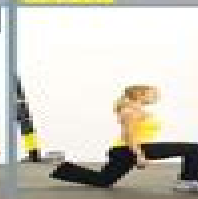
12

TRX Suspended Hip Flexor and Torso Stretch

Integrates single, kneeling, hip flexor and torso stretch for improved posture.

Tip: Keep pelvis tucked under and rotate shoulders.

FACE AWAY



PERFORM ON BOTH SIDES



Trx User Guide

JS Bruner



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Table of Contents Trx User Guide

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

- ePub, PDF, MOBI, and More
- Trx User Guide Compatibility with Devices
- Trx User Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trx User Guide
 - Highlighting and Note-Taking Trx User Guide
 - Interactive Elements Trx User Guide
- 8. Staying Engaged with Trx User Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trx User Guide
- 9. Balancing eBooks and Physical Books Trx User Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trx User Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Trx User Guide
 - Setting Reading Goals Trx User Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Trx User Guide
 - Fact-Checking eBook Content of Trx User 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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