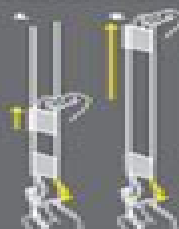
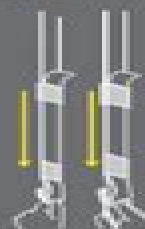


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ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored, adjust the top handle. To adjust how the TRX is anchored, adjust the bottom foot loop. To adjust how the TRX is anchored, adjust the bottom foot loop.



To adjust how the TRX is anchored, adjust the top handle. To adjust how the TRX is anchored, adjust the bottom foot loop. To adjust how the TRX is anchored, adjust the bottom foot loop.

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. Lunge into position with the TRX straps anchored to the ground.
2. Adjust the TRX length so the straps are taut when you are in the starting position.

BODY POSITIONS

- STANDING: Feet shoulder-width apart, arms extended forward.
- STANDING: Feet shoulder-width apart, arms extended forward.
- STANDING: Feet shoulder-width apart, arms extended forward.
- STANDING: Feet shoulder-width apart, arms extended forward.

Adjust the TRX to your height.

UPPER BODY



1 TRX Lunge Press
STANDING
Strengthens upper body and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



2 TRX Chest Press
STANDING
Strengthens chest and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



4 TRX Shoulder Curl
STANDING
Builds strength in the shoulders and improves posture. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.

LOWER BODY



5 TRX Balance Lunge
STANDING
Improves balance and strengthens core muscles. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



6 TRX Split Squat
STANDING
Strengthens legs and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



7 TRX Hurdle Kick
STANDING
Improves balance and strengthens core muscles. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



8 TRX Hip Press
STANDING
Strengthens hips and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.

CORE



9 TRX Plank
GROUNDING
Strengthens core muscles and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



10 TRX Leg Extension
GROUNDING
Strengthens legs and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



11 TRX Overhead Back Extension
STANDING
Strengthens back and improves posture. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.



12 TRX Hip Drop
STANDING
Strengthens hips and improves balance. TRX straps anchor to the ground. Adjust the TRX length so the straps are taut when you are in the starting position.

Trx Force Training Manual

Michal Rosen-Zvi

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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