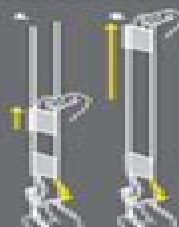


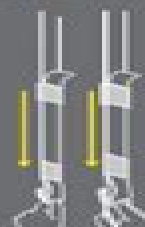
## Get Started Now

### 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 length.
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 length.
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 3-5 times.
3. Rest 30-60 seconds between each exercise.

### TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

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

### BODY POSITIONS

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

Adjust the TRX to your height.

## UPPER BODY



**1 TRX Lat Pull**  
STANDING  
Strengthens upper back and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**2 TRX Chest Press**  
STANDING  
Strengthens chest and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**3 TRX T Oblique**  
STANDING  
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the handles are at shoulder level.



**4 TRX Shoulder Curl**  
STANDING  
Builds strength in upper back and shoulders. TRX length should be adjusted so that the handles are at shoulder level.

## LOWER BODY



**5 TRX Balance Lunge**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**6 TRX Split to Side Lunge**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**7 TRX Hurdle Kick**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**8 TRX Hip Press**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.

## CORE



**9 TRX Plank**  
GROUNDING  
Core strength. TRX length should be adjusted so that the handles are at shoulder level.



**10 TRX Leg Lowering**  
GROUNDING  
Core strength. TRX length should be adjusted so that the handles are at shoulder level.



**11 TRX Overhead Back Extension**  
STANDING  
Develops back strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**12 TRX Hip Drop**  
STANDING  
Develops core strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.

# Trx Full Force Training Guide

**G Thomas**

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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