21 TRX EXERCISES

FOR YOUR SUSPENSION TRAINING WORKOUT



CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5

Do 4 sets of 5 exercises







CIRCUITS



REST







































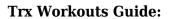






Trx Workouts Guide

Albert A Gayle



Unveiling the Magic of Words: A Overview of "Trx Workouts Guide"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really aweinspiring. Enter the realm of "**Trx Workouts Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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