

21 TRX EXERCISES

FOR YOUR SUSPENSION TRAINING WORKOUT

How To Design Your Workout

CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises.
Do 4 sets of 5 exercises



BEGINNERS
INTERMEDIATE
ADVANCED

Work For **10**
REPETITIONS

COMPLETE **4**
CIRCUITS

REST FOR **30**
REST

Work For **20**
REPETITIONS

COMPLETE **4**
CIRCUITS

REST FOR **45**
REST

Work For **30**
REPETITIONS

COMPLETE **4**
CIRCUITS

REST FOR **30**
REST



Trx Workouts Guide

Albert A Gayle

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

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