

TRX[®] Strength

Build muscle and increase
total-body strength with the TRX.

For each exercise, adjust the length as shown on icon.

TRX Shorten 2' for women only

TRX Shorten 2' for all women only



TRX Shorten 2' for all women only



TRX Shorten 2' for all women only

Perform each exercise as follows:

1. Stand on the ground with feet shoulder-width apart.
2. Pull the straps down to your feet.
3. Push the straps up to your shoulders.

All-body
Exercises 1-12

UPPER BODY	01	02	03	04
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LOWER BODY	05	06	07	08
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CORE	09	10	11	12
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Trx Force Training Manual

Afiz H Clyde



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