

FULL BODY QUICK START EXERCISES

Following you will find a series of basic exercises intended to give you a jump start with your new trainer. For more exercises simply search the internet for "suspension training exercises".

WORKOUT: Select several exercises from each target group (UPPER, LOWER and CORE). Beginners perform each Exercise for 30 sec. with a 45 sec. break between exercises. As you progress make the exercises more challenging and/or increase the time you perform the exercise, while reducing your resting period. Rotate through them on a regular basis.

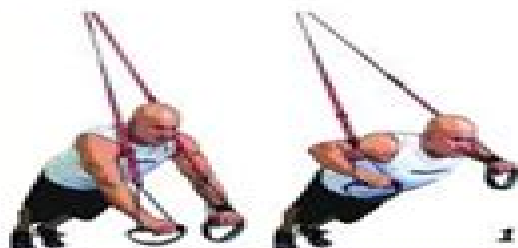
WARM-UP: Time spent warming up and cooling down will improve the level of performance and improve the recovery process needed before and after using the trainer. The warm-up can consist of five minutes of jogging in place, jumping jacks, stationary bike or anything that will elevate your heart rate.

COOL-DOWN: The cool-down may consist of slow walking or anything that will gradually bring the heart rate down. Stretching should always be done after warm-up and cool-down.



UPPER

PUSH UP



1

UPPER

LAT PULL



2

UPPER

TRICEP EXTENSION



3

UPPER

BICEP CURL



4

UPPER

REVERSE FLY



5

LOWER

SQUAT



6

LOWER

CALF RAISE



7

LOWER

PISTOL SQUAT



8

LOWER

LUNGE



9

Trx Force Assemble Guide

Casimer DeCusatis

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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Handbook of Fiber Optic Data Communication Casimer DeCusatis, 2011-10-13 Handbook of Fiber Optic Data Communication Third Edition provides a comprehensive easy to use guide to the field of optical fiber data communications Written by experts in the industry from major companies such as IBM Cisco and Nortel the Handbook is a key reference for optical fiber technology networking protocols applications manufacturing and future directions It includes chapters on all the major industry standards written by the same experts who developed them This edition contains new material on transceiver form factors QSFP SFP XFP X2 manufacturing standards including JEDEC and RoHS as well as the latest revisions to industry standards including 8G and 10G Fiber Channel FICON SONET GFP LCAS and 10 Gigabit Ethernet The book also contains new chapters on emerging technologies and leading edge applications such as silicon photonics nanophotonics parallel optical interconnects specialty fiber cable types and optical backplanes Features include New Case Studies on Voice Data Convergence Redesigning Mainframe I O National LambdaRail and optical peer to peer networks Includes an expanded listing of references on the World Wide Web plus hard to find references for international homologation and type approval requirements Quick reference tables of all the key optical network parameters and a glossary that defines hundreds of technical terms and acronyms Written for engineers by engineers this Handbook will be an indispensable hands on reference for optical networks and equipment developers designers and installers as well as for students studying optical fiber communications wanting an understanding of and insight into professional practice New Case Studies on Voice Data Convergence Redesigning Mainframe I O National LambdaRail and optical peer to peer networks Includes an expanded listing of references on the World Wide Web plus hard to find references for international homologation and type approval requirements Quick reference tables of all the key optical network parameters and a glossary that defines hundreds of technical terms and acronyms World's Business and Importers Guide, 1954 *Guide to Federal Government Acronyms* William R. Evinger, 1989 *Clymer Honda ATC TRX Fourtrax 70-125, 1970-1987* Penton Staff, 1987-03-01 With the help of the Clymer Honda ATC TRX Fourtrax 70 125 1970 1987 Repair Manual in your toolbox you will be able to maintain service and repair your off road machine to extend its life for years to come Clymer manuals are very well known for their thorough and comprehensive nature This manual is loaded with step by step procedures along with detailed photography exploded views charts and diagrams to enhance the steps associated with a service or repair task This Clymer manual is organized by subsystem with procedures grouped together for specific topics such as front suspension brake system engine and transmission It includes color wiring diagrams The language used in this Clymer repair manual is targeted toward the novice mechanic but is also very valuable for the experienced mechanic The service manual by Clymer is an authoritative piece of DIY literature and should provide you the confidence you need to get the job done and save money too *Official Gazette of the United States Patent and Trademark Office*, 1985 **The Official Price Guide to Records, 2001** Jerry

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