

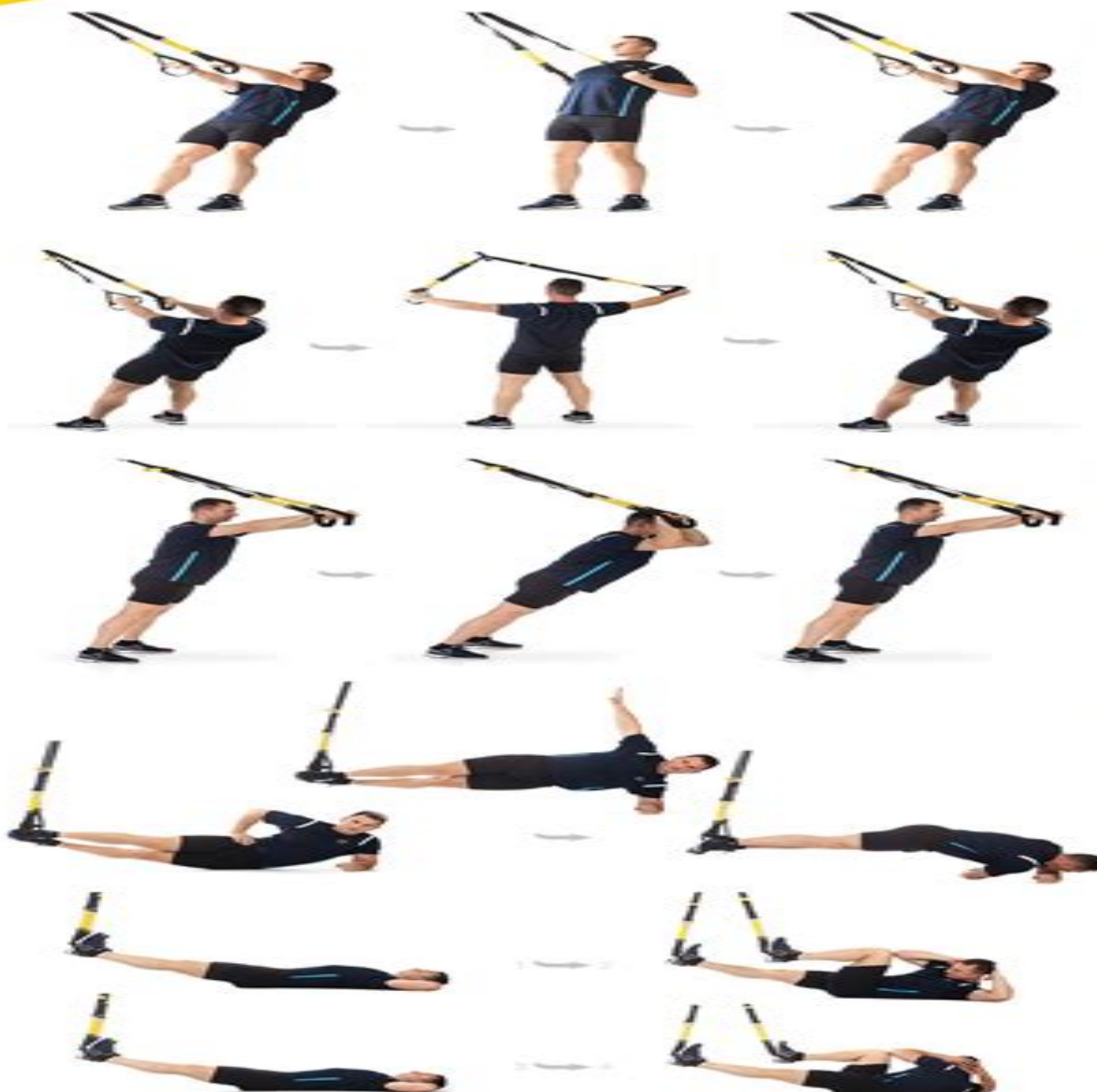
# TRAINING #9

## Suspension Workout

(Back, Triceps, Side Abs)

Functional

Total Workout Fitness



**1** Back, Triceps, and Shoulder Strength

**Mid-Row**

5 series x 15 repeats

- Stand facing the anchor and grab the handles. Lean back with your arms straight. Keep your palms facing down.
  - Squeeze your shoulder blades together keeping your elbows at a 45 degree angle from the sides and move your body up towards the anchor point.
  - Return to the start position maintaining body alignment.
- Tip: Keep your body straight and your chest lifted, do not bend at the hips. Pull your shoulders down and back.

**2** Back, Triceps, and Shoulder Strength

**T-Deltoid Fly**

3 series x 10 repeats

- Start in the end position to measure the appropriate stance. Stand facing the anchor in the offset stance, pulling the suspension back and out into a letter "T". Keep your palms facing forward.
  - Lean back, maintaining a slight elbow angle throughout the movement.
  - Pull through by moving your body up toward the anchor. Keep your core engaged.
- Tip: Keep your chest lifted and core engaged.

**3** Triceps and Shoulder Strength

**Triceps Pres (Offset Stance)**

5 series  
8-10-12-10-8 repeats

- Stand facing away from the anchor and grab the handles. Extend your arms at shoulder length with your palms facing down.
  - Shift your weight on the handles, bend your elbows and bring your head towards the handles, maintaining body alignment and your elbows at shoulder height.
  - Return to the start position, keeping tension on the handles.
- Tip: Keep your elbows shoulder-width apart and point them straight ahead.

**4** Abs, Shoulder, Triceps and Suspension Tension Strength

**Side Plank (With Reach)**

3 series x 6 repeats

- Lie sideways to the anchor point. Place both your feet in the foot cradles with the top leg forward and align your elbows with the shoulder.
  - Lift up the front foot with the back foot and lift your hips up from the ground. Rest your top arm straight, and then draw back pushing your elbow beneath the back.
  - Maintain body alignment from head to toes.
- Tip: Keep your hips lifted with each reach.

**5** Abs, Triceps, and Suspension Tension Strength

**Diagonal Runner**

5 series x 20 repeats

- Sit facing the anchor. Place your heels in the foot cradles. Lie down with your legs extended and your feet directly below the anchor point.
  - Drive your heels down into the foot cradles, make a diagonal crunch lifting your knees to the opposite elbow.
  - Slowly lower down and repeat with the other side.
- Tip: Keep a gap in between your chin and chest, do not initiate movement with your neck. Drive your heels down and flex your feet.

# Trx Exercise Manuals

**Jason R. Karp**



## Trx Exercise Manuals:

**Complete Guide to TRX® Suspension Training®** Jay Dawes, 2022-11-08 Your essential guide to Suspension Training Since its development over a decade ago Suspension Training has remained a popular choice for developing strength stability core power flexibility and balance because it delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Approved and endorsed by TRX the global leader in functional training products programming and education the Complete Guide to TRX Suspension Training Second Edition is the authoritative resource on safe effective and optimal use of Suspension Training and programming Written by renowned strength and conditioning expert Dr Jay Dawes the book offers 100 exercises 40 variations and 24 ready to use programs designed to take your workouts to unprecedented levels The second edition is packed with full color photos demonstrating how to perform each exercise as well as 14 assessments to help determine fitness level and gauge training progress Complete Guide to TRX Suspension Training also shows you how to incorporate Suspension Training into circuit training and injury prevention programs as well as programs for improving strength and power speed and agility balance and stability and flexibility If you are tired of repetitive workout routines sick of waiting for equipment at a crowded gym or simply looking to enhance your current regimen look no further than Complete Guide to TRX Suspension Training Note Fitness Anywhere LLC has granted Human Kinetics Inc permission to use TRX trademarks in accordance with TRX Trademark Usage Guidelines for the purposes of publishing Complete Guide to TRX Suspension Training Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam *The Total Fitness Manual* Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold's Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold's Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program

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