

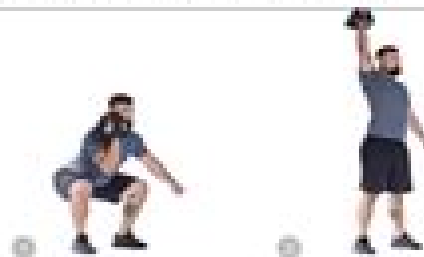
ROUND 1

1.1 TRX KNEELING ROLLOUT



- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab Ybell with a center grip, resting Ybell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degrees.
- Drive through the floor to return to a standing position, pressing Ybell overhead.

1.3 YBELL ALTERNATING SWING



- Stand with Ybell at wrist's length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the Ybell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

ROUND 2

2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the Ybell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return Ybell to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE



- Standing tall, grab Ybell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

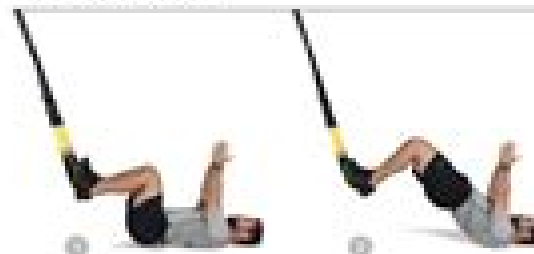
ROUND 3

3.1 TRX SINGLE LEG SQUAT



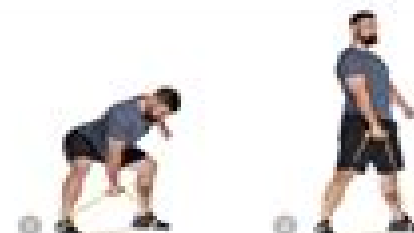
- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90-degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips/back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

Trx Military Workout Guide

Deidre Cane,Jonathan Cane

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Trx Military Workout Guide:

The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition Deidre Cane, Jonathan Cane, 2012-12-04
The Complete Idiot's Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts. Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide. Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated.

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Complete Guide to TRX Suspension Training Dawes, Jay, 2017-03-30
Complete Guide

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The Official US Army Pocket Physical Training Guide U. S. Army,2017-11-05 MILITARY GRADE FITNESS Created by the staff of the U S Army Physical Fitness School USAPFS this Pocket Physical Training Guide is designed for individuals preparing for the physical demands of Initial Military Training IMT but is a valuable resource for anyone wishing to improve their fitness to military standards Containing a full training program including tables to record your progress as well as information on exercise safety and nutrition this unique no nonsense handbook has been proven time and again to get results turning citizens with an average fitness level into excellent Soldier material

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The Ultimate Military Prep Workout and Cardio Program Chad M. McKinley, 2017-03-09 From a two time veteran Master Fitness and Trainer Coach to Pro Athletes Performers and Fighters for over two decades This Program is designed to begin up to a year before leaving for Basic Training Every aspect of your fitness health and diet are covered in this comprehensive course You will arrive at Basic ready and prepared to take on the PT demands that WILL be put upon you I have been Personal Training and Coaching since the late 1980's When I got my first job as a teenager at the infamous George Turners Gym Maker of Bodybuilding champions in those days I have served twice in the United States Army Aviation where I was a Master Fitness and in charge of fitness programs battalion wide During this time period is where MAC P fighting systems were formed and put to practice I am a level 3 I went to college in Oregon and Arizona where I majored in Law and Finance I have also spent two decades working in and around finance and Real Estate Development I currently also managed my own real estate based Hedge Fund For the past 12 years I have focused on being the Agent Coach and the trainer of

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Table of Contents Trx Military Workout Guide

1. Understanding the eBook Trx Military Workout Guide
 - The Rise of Digital Reading Trx Military Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Trx Military Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trx Military Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trx Military Workout Guide
 - Personalized Recommendations
 - Trx Military Workout Guide User Reviews and Ratings
 - Trx Military Workout Guide and Bestseller Lists

5. Accessing Trx Military Workout Guide Free and Paid eBooks
 - Trx Military Workout Guide Public Domain eBooks
 - Trx Military Workout Guide eBook Subscription Services
 - Trx Military Workout Guide Budget-Friendly Options
6. Navigating Trx Military Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Trx Military Workout Guide Compatibility with Devices
 - Trx Military Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trx Military Workout Guide
 - Highlighting and Note-Taking Trx Military Workout Guide
 - Interactive Elements Trx Military Workout Guide
8. Staying Engaged with Trx Military Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trx Military Workout Guide
9. Balancing eBooks and Physical Books Trx Military Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trx Military Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Trx Military Workout Guide
 - Setting Reading Goals Trx Military Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Trx Military Workout Guide
 - Fact-Checking eBook Content of Trx Military Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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