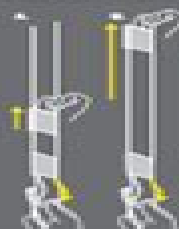


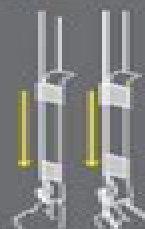
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ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

1. Pull the top handle up to the desired height.
2. Pull the bottom foot loop up to the desired height.



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

1. Pull the top handle up to the desired height.
2. Pull the bottom foot loop up to the desired height.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3 times.
3. Rest 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Length by pulling the top handle up to the desired height.
2. Length by pulling the bottom foot loop up to the desired height.

BODY POSITIONS

1. STANDING: Feet shoulder-width apart.
2. STANDING: Feet shoulder-width apart.
3. STANDING: Feet shoulder-width apart.
4. STANDING: Feet shoulder-width apart.

Adjust the TRX to your height.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



2 TRX Chest Press
STANDING
Strengthens chest and improves shoulder stability. TRX length should be adjusted so that the handles are at shoulder level.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the handles are at shoulder level.



4 TRX Shoulder Curl
STANDING
Builds strength in traps and shoulders. TRX length should be adjusted so that the handles are at shoulder level.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at shoulder level.



6 TRX Split to Side Lunge
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at shoulder level.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at shoulder level.



8 TRX Hip Press
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at shoulder level.

CORE



9 TRX Plank
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.



10 TRX Leg Extension
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.



11 TRX Overhead Back Extension
STANDING
Develops back and core muscles. TRX length should be adjusted so that the handles are at shoulder level.



12 TRX Hip Drop
STANDING
Develops core and hip muscles. TRX length should be adjusted so that the handles are at shoulder level.

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Complete Guide to TRX® Suspension Training® Jay Dawes, 2022-11-08 For developing strength stability core power flexibility and balance Suspension Training 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 Complete Guide to TRX Suspension Training Second Edition from renowned strength and conditioning expert Dr Jay Dawes is the authoritative guide to Suspension Training This resource is so thorough that it has earned the endorsement of TRX Look inside at the instruction advice and insights and you ll see why This is a one of a kind resource designed to take workouts to unprecedented levels Complete Guide to TRX Suspension Training includes 100 exercises complete with instructions photo sequences variations and safety recommendations so you will learn how to develop and integrate strength power core stability flexibility and balance with the use of a Suspension Trainer In the gym at home or on the road this guide is the ultimate training companion With 14 assessments and 64 ready to use programs you have options for any situation It s all here If you want the best in exercise training and workouts then look no further than Complete Guide to TRX Suspension Training Discover why millions of people make Suspension Training the core of their program Book jacket

Functional Strength Training for Physical Education Nate VanKouwenberg, 2024-04-18 Functional Strength Training for Physical Education is an easy to follow guide for PE teachers and coaches working with middle and high school students It outlines the benefits of functional strength training and how to develop a program that will give all students skills for their lifetime

Strong Lou Schuler, Alwyn Cosgrove, 2015-11-10 A groundbreaking strength and conditioning plan for women from the authors of *The New Rules of Lifting for Women* Forget the elliptical machine and the candy colored Barbie weights Female athletes are hungry for real fitness They want to be Strong By now it s common knowledge that women can and should train the way men do Today s women want to be strong with lean and athletic physiques Fitness author Lou Schuler and renowned strength coach Alwyn Cosgrove present a comprehensive strength and conditioning plan to help women burn fat and build muscle by getting them off the machines and revolutionizing how they work out Offering direct guidance and proven tools to help readers enhance their strength and get truly fit Strong provides A three phase training program including nine unique total body workouts More than 100 exercises with detailed instructions and step by step photographs Simple nutrition guidelines to cut through the barrage of trendy diets in magazines Inspiring success stories from women who have used this training program Schuler and Cosgrove s *The New Rules of Lifting for Women* has empowered tens of thousands of women inside and outside the weight room Filled with the latest research distilled in Lou and Alwyn s signature direct style Strong will help women remake their physiques and reimagine their lives

New Functional Training for Sports-2nd Edition Boyle, Michael, 2016-05-18 Train to perform at the highest level with the lowest risk of injury The enhanced e book edition of *New Functional Training for Sports* Second Edition produces the best results on the court field track and mat not just in the

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The Change My Life Program Bob Partridge,2023-12-09 The Change My Life program is a mid life transformational journey of sustainable weight loss becoming healthier and feeling great about yourself We hate the words diet and exercise and do not tell you what to eat The Change My Life program teaches you how to take control of your lifestyle behaviors while continuing to eat and drink what you like in moderation and using walking as your primary fitness activity The program is amazingly effective for large sustainable weight loss in a relatively short period of time You will Start with a vision of your ideal lifestyle Re learn your metabolism as the primary barometer of your behaviors Master moderation in the foods you eat while adopting better eating habits Change your mindset about drinking water Embark on a fitness journey primarily by walking daily and only later adding fat burning and toning activity Take joy in motivating yourself using mindset phrases The Change My Life program is complex but simplifies how to approach sustainable weight loss It is comprised of six structured phases that progressively take you from mindfully learning and changing your eating drinking and activity behaviors to becoming more active primarily by listening to your body Phase 5 culminates with reaching your weight loss goals while Phase 6 is maintaining it for the rest of your life

[Introduction to Recreation and Leisure, 3E](#) Tapps, Tyler,Wells, Mary Sara,2019 Introduction to Recreation and Leisure Third Edition presents perspectives from 52 leading experts from around the world It delves into foundational concepts delivery systems and programming services offers an array of ancillaries and helps students make informed career choices

Fitness Facility Management Steven A. Trotter,Chris Stevenson,2024-09-30 Fitness Facility Management provides an in depth look at the challenges and rewards of managing contemporary health and fitness facilities including boutique and corporate facilities campus recreation centers community recreation and franchised fitness clubs

InfoWorld ,1988-04-25 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects

Becoming a Personal Trainer For Dummies Shannon Austin,2022-08-12 Strongarm your way into the fitness industry

Interested in becoming a personal trainer *Becoming a Personal Trainer For Dummies* is obviously the book you need Even if you know nothing about this career path and industry this book will guide you through the basics and take you all the way through certification and getting your first job We re here to enlighten you on what s involved in a personal training career and teach you everything you need to know to become certified This updated edition covers current information on topics like social media wearable technology outdoor and virtual training and newer workouts like CrossFit Active Aging and more Learn what it s like to be a personal trainer and discover if this career is for you Distinguish the different types of personal training Get the latest on wearable technology and other tricks of the trade Know what to expect when getting your certification and searching for jobs or clients Authored by a longtime fit pro who knows personal training inside and out *Becoming a Personal Trainer For Dummies* shares expert insights in a fun digestible way **Flying Magazine** ,2008-09

Reverse Acronyms, Initialisms, & Abbreviations Dictionary ,2007 *Reverse Acronyms, Initialisms & Abbreviations Dictionary*. Mary Rose Bonk,Regie Carlton,Gale Research Inc,1997 **Complete Guide to TRX Suspension Training** Dawes, Jay,2017-03-30 *Complete Guide to TRX Suspension Training* is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results **Billboard** ,1967-10-07 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends *Autocar* ,2001 **Index to IEEE Publications** Institute of Electrical and Electronics Engineers,1997 *TRX Suspension Training* Afiz H Clyde,2023-08-05 Unlock the Power of TRX Suspension Training and Transform Your Fitness Journey Are you ready to take your workouts to the next level and achieve remarkable results Look no further TRX Suspension Training The Complete Guide to Building Strength Flexibility and Balance is your ultimate resource for mastering the revolutionary fitness phenomenon that is taking the world by storm Discover the Secret Weapon of Elite Athletes and Fitness Enthusiasts Alike Whether you re a seasoned athlete or a fitness newbie TRX Suspension Training offers an unparalleled full body workout that will ignite your progress like never before This comprehensive guide empowers you with expert knowledge step by step instructions and practical tips to optimize your training sessions and achieve remarkable results Unleash the Potential of Your Body Inside and Out With TRX Suspension Training you ll engage every muscle group and core stability enhancing your overall strength flexibility and balance Say goodbye to stale gym routines and embrace the dynamic versatility of TRX as you target specific muscle groups or challenge yourself with a full body blast What You ll Find Inside 1 Comprehensive TRX Training Techniques From the basics to advanced exercises discover how to perform each move correctly for maximum effectiveness and safety 2 Tailored Workouts

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Functional Strength Noah Daniels, 2016-04-26 Most people think a fitness plan involves eating small amounts of tasteless foods going to the gym every single day and investing in expensive exercise equipment and accessories this is pretty much the norm for fad diets and people that are trying to appeal to the mirror on the wall But you don t have to do any of that with functional strength training I got tired of people thinking they needed to eat next to nothing and spend a fortune on exercise equipment so I put together the ultimate guide on getting healthy and strong the right way When I started to put these steps into practice the results blew me away I m not kidding It was all to do with following a well laid out plan that anyone can follow and I mean anyone My list grew by leaps and bounds and I began to see the truth of the saying the money is in the list Are you in the middle of the nightmare of spending all your free time slaving away on something only to discover that you have wasted your time Here s Just Some Of What You ll Learn Inside Functional Training Methods The Tools That You ll Need The Techniques You Will Use To Train Stretching And Other Ways To Prevent Injury Diet Strategies Crossfit Kettlebells And Other Effective Methods Of Strength Training Bodyweight Training And A Whole Lot More

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