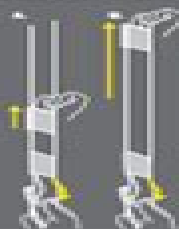
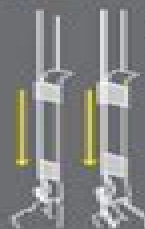


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ADJUSTING THE LENGTH OF THE TRX



To adjust from the TRX to a shorter length, pull the TRX suspension strap up to the desired height. Pull the TRX suspension strap up to the desired height. Pull the TRX suspension strap up to the desired height.



To adjust from the TRX to a longer length, pull the TRX suspension strap down to the desired height. Pull the TRX suspension strap down to the desired height. Pull the TRX suspension strap down to the desired height.

PERFORM EACH EXERCISE AS FOLLOWS:

- 1 Perform each exercise for 30 seconds.
- 2 Repeat each body position 3-5 times.
- 3 Rest for 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX length to the desired height.

- 1 Pull the TRX suspension strap up to the desired height.
- 2 Pull the TRX suspension strap down to the desired height.

BODY POSITIONS

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

*Adjust the TRX to hang up.

UPPER BODY



1 TRX Lower Back Standalone
 Standalone exercise for strengthening back and improving posture. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening back and improving posture.



2 TRX Chest Press Standalone
 Standalone exercise for strengthening chest and improving posture. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening chest and improving posture.



3 TRX T Oblique Standalone
 Standalone exercise for strengthening oblique muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening oblique muscles.



4 TRX Shoulder Chest Standalone
 Standalone exercise for strengthening shoulder and chest muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening shoulder and chest muscles.

LOWER BODY



5 TRX Balance Lunge Standalone
 Standalone exercise for strengthening lower body and improving posture. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening lower body and improving posture.



6 TRX Glute to Glute Lunge Standalone
 Standalone exercise for strengthening glute and lower body muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening glute and lower body muscles.



7 TRX Floor-to-Knee Chest Standalone
 Standalone exercise for strengthening chest and lower body muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening chest and lower body muscles.



8 TRX Hip Press Standalone
 Standalone exercise for strengthening hip and lower body muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening hip and lower body muscles.

CORE



9 TRX Plank Standalone
 Standalone exercise for strengthening core muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening core muscles.



10 TRX Leg Lowering Standalone
 Standalone exercise for strengthening lower body and core muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening lower body and core muscles.



11 TRX Overhead Back Extension Standalone
 Standalone exercise for strengthening back muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening back muscles.



12 TRX Hip Drop Standalone
 Standalone exercise for strengthening hip and lower body muscles. TRX suspension strap attached to overhead anchor. Standalone exercise for strengthening hip and lower body muscles.

Trx Force Training Guide Chart

Lou Schuler, Alwyn Cosgrove

A decorative graphic consisting of a semi-circle with a red-to-white gradient, positioned to the right of the author's name.

Trx Force Training Guide Chart:

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, 2024-03-20 Functional strength training is one of the most beneficial forms of fitness training but it is often not included in a secondary physical education curriculum Lack of equipment or weight rooms can be an issue and uncertainty about how to teach students correct techniques can be intimidating Plus there may be misconceptions about strength training for secondary students resulting in teachers excluding strength training or placing too much emphasis on machine based isolation strength training Functional Strength Training for Physical Education offers an easy to implement approach for teachers of all experience levels It provides secondary physical education teachers an understanding of functional strength training benefits and how to develop a program that will give all students skills for their lifetime regardless of what activities and occupations they pursue It also offers coaches and strength and conditioning professionals a wealth of information to develop student athletes at the middle school and high school levels Functional Strength Training for Physical Education includes the following A comprehensive curriculum map to shape the program design lesson planning and assessments in the physical education setting Detailed lists of functional strength training skill progressions based on 11 different movement categories including 83 exercise variations to meet the needs of all students Step by step teaching methods and cues for all skill progressions to be used with or without equipment Facility design guidelines to maximize space and budget in the school or training facility setting Related online materials featuring 25 photo and video demonstrations with detailed exercise descriptions and external skill cues as well as skill checklists a sample curriculum map and design template and templates for sport performance programs Sample functional warm ups as well as sample functional strength training plans provide further examples of what to include in a functional

strength training program In addition all the programs units and curricula are guided by the latest SHAPE America national standards for physical education Author Nate VanKouwenberg a physical education teacher and the owner of his own strength and conditioning business provides guidance on how to perform functional skills with proper techniques and how to design quality workouts connected to students personal goals His approach to functional strength training helps students enjoy the fitness methods and apply them to everyday activities outside of the classroom or training facility Functional Strength Training for Physical Education will help instructors provide secondary level students the tools they need to build a strong foundation of fitness and wellness that will last for a lifetime Note A code for accessing HKPropel is not included with this ebook

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

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 weight room Michael Boyle one of the world s leading sport performance coaches presents the concepts methods exercises and programs that maximize athletes movements in competition A series of functional assessments help in determining the design of a specific plan for each athlete Self reinforcing progressions in exercises for the lower body core upper body and ultimately total body give athletes the balance proprioception stability strength and power they require for excelling in their sports Sample programs assist in the customization process and ensure each aspect of preparation for physical performance Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling stretching and dynamic warm ups The enhanced e book format for *New Functional Training for Sports Second Edition* goes beyond traditional exercise descriptions and explanations incorporating full color high definition composites of foundational movements and links to video demonstrations commentary and analysis of key exercises The 71 video clips show

how to perform exercises for lower body core upper body plyometrics Olympic lifting and foam rolling stretching and dynamic warm ups **Strong** Lou Schuler, Alwyn Cosgrove, 2016-11-15 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

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 **Flying Magazine** , 2008-09 *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 **Reverse Acronyms, Initialisms, & Abbreviations Dictionary** , 2007

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