

TRX

WORKOUT ONE BURN CALORIES

TOTAL
20 MINUTES

LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- DO 10 REPS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE SURE YOU REST
15-30 SECS IN BETWEEN
EACH EXERCISE

ROUND 1 HAMSTRING CURL

- Adjust straps to mid-calf length
- Place feet flat on floor, knees bent, arms extended
- Drive heels into floor and pull torso towards chest
- Extend legs back

ROUND 2 CHEST PRESS

- Adjust TRX Straps to fully lengthened
- Choose a moderate-to-deep angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plane
- Extend arms/shoulders, to return to start

ROUND 3 LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot cradles
- Drive unsupported knee back, front leg forward to a 90 degree knee bend
- Drive through front heel to return to standing
- Repeat on opposite leg

LOW ROW

- Fully Shorten TRX Straps
- Choose a shallow angle, pull shoulders down and back, feet flat positioned at mid
- Lower body until arms are extended, maintain plane
- Drive elbows back, bring chest back to start

SQUAT

- Adjust TRX Straps to mid-length
- Elbows stacked under shoulders, feet hip-width apart
- Lower hips back and down to a squat position
- Drive through heels, to return to standing start

BICEPS CURL

- Adjust TRX Straps to mid-length
- Choose a challenging angle, arms bent, hands to temples
- Extend arms, maintain plane
- Curl arms up to return to start

CROSSING BALANCE LUNGE (R/L)

- Adjust Straps to mid-length
- Center one leg to anchor point, 90 degree leg to 90 degree
- Lower knee behind grounded knee
- Drive through heel to return to start position
- Repeat on opposite leg

Y-DELTOID FLY

- Adjust TRX Straps to mid-length
- Extend arms straight out in Y position, shoulders down
- Lower body down, arms extended
- Drive shoulders back to start

PIKE

- Adjust TRX Straps to mid-calf
- Lift in front cradles, positioned in a hand plank position
- Standing at the hips, slowly raise hips to the ceiling
- Slowly lower your hips and return to hand plank position

WORKOUT TWO BUILD STRENGTH

TOTAL
20 MINUTES

LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- DO 10 REPS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE SURE YOU REST
15-30 SECS IN BETWEEN
EACH EXERCISE

ROUND 1 CHEST PRESS

- Adjust TRX Straps to fully lengthened
- Choose a moderate-to-deep angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plane
- Extend arms/shoulders, to return to start

ROUND 2 LOW ROW

- Fully Shorten TRX Straps
- Choose a shallow angle, pull shoulders down and back, feet flat positioned at mid
- Lower body until arms are extended, maintain plane
- Drive elbows back, bring chest back to start

ROUND 3 HAMSTRING CURL

- Adjust TRX Straps to mid-calf
- Feet in foot cradles, hips bent, arms extended
- Drive heels into cradles, pull knees to chest
- Extend legs back to start

TRICEPS PRESS

- Adjust TRX Straps to fully lengthened
- Extend arms in front of shoulders, head, elbows, and torso straight to temples
- Straighten arms, bring shoulders away from ears, maintain plane
- Lower body to start position

BICEPS CURL

- Adjust TRX Straps to mid-length
- Choose a challenging angle, arms bent, hands to temples
- Extend arms, maintain plane
- Curl arms up to return to start

HIP PRESS

- Adjust TRX Straps to mid-calf length
- Feet in foot cradles, knees down over hips
- Drive heels down to lift hips up and form a straight line from knees to glutes
- Lower hips to ground

SINGLE LEG SQUAT (R/L)

- Adjust TRX Straps to mid-length
- Weight balanced on right foot, left leg extended with knee off ground
- Lower hips down and back, right knee extended over foot
- Drive through right foot, to stand
- Repeat on opposite leg

LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot cradles
- Drive unsupported knee back, front leg forward to a 90 degree knee bend
- Drive through front heel to return to standing
- Repeat on opposite leg

ATOMIC PUSH UP

- Adjust the TRX Straps to mid-calf
- Feet in foot cradles, start in a hand plank position
- Slowly lower body and perform a push up
- Drive knees towards chest, then slowly extend returning to start

Trx Training Group Manual

Dawes, Jay



Trx Training Group Manual:

United States Army Training Manual U.S. Adjutant-general's office, 1925 **Training Manual** United States. War Dept, 1924 **Training Manual** United States. Army. Signal Corps, 1925 **Manuals Combined: U.S. Marine Corps Basic Reconnaissance Course (BRC) References** , Over 5 300 total pages

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