

Y-Flye Back Row

Targets shoulders, back, arms, abs

- Stand facing TRX and hold handles, palms down.
- Step back from anchor and lean back on heels until body is angled 45 degrees from floor with arms extended diagonally upward so straps are completely taut.
- Engaging core, slowly pull body upright as you open arms wider than shoulder width (arms form a V).
- Return to start, then pull body upright again, driving elbows behind you to bring hands by ribs, palms in. Return to start to complete 1 rep.
- Do 2 sets of 15 reps.

MAKE IT EASIER Stand farther away from anchor.

MAKE IT HARDER Stand closer to anchor.



Pendulum

Targets abs, obliques

- Adjust straps so handles hang about 1 foot from floor.
- Stand facing away from TRX and get into full plank position on floor with feet suspended in loops.
- Pressing legs together throughout, bring bent knees to touch left elbow.
- Creating a pendulum motion, swing legs through plank position and bring knees to touch right elbow to complete 1 rep.
- Do 2 sets of 15 reps.



Limbo

Targets back, arms, abs

- Stand with feet hip-width apart, facing TRX, holding one handle in right hand (stand close enough to anchor to keep a loose tension in strap).
- With feet flat, lean torso back, bending knees so body forms a tabletop position and strap is completely taut with right arm extended; reach left hand toward floor directly behind you as low as you can, looking behind you as you lean back.
- Using right arm, pull body up to start position, keeping right arm close to ribs; reach left hand toward anchor to briefly grip strap.
- Do 15 reps; switch sides and repeat. Do 2 sets.



Atomic Pike

Targets shoulders, abs

- Adjust straps so handles hang about 1 foot from floor.
- Stand facing away from TRX and get into full plank position on floor with feet suspended in loops below foam handles (aka cradles).
- Lift hips up into an inverted V position, keeping legs and arms straight.
- Lower hips to plank position and repeat.
- Do 2 sets of 10 reps.

MAKE IT EASIER Tuck knees to chest.



Single-Leg Burpee

Targets shoulders, chest, arms, abs, butt, legs

- Use one strap, adjusting it so handle hangs about 1 foot from floor; make sure there are a couple of feet of clearance behind TRX.
- Stand a few inches from TRX, facing away; bend right knee and place right foot through loop behind you, arms by sides.
- Balancing on left leg, crouch down and place palms on floor in front of you. Jump left foot behind you to get into full plank position, right foot suspended in loop, left foot elevated next to right.
- Do a push-up, returning to plank.
- Step left foot on floor under chest and drive through left heel to stand up.
- Do 10 reps. Switch sides, repeat. Do 2 sets.

MAKE IT HARDER Jump up after you stand.

MAKE IT EASIER Skip the push-ups.



Pistol Squat

Targets arms, abs, butt, legs

- Stand facing TRX and hold handles in both hands in front of waist, elbows bent by sides, palms facing down; stand close enough to anchor to keep a loose tension in straps.
- Balancing on right leg, raise left foot in front of you a few inches off floor.
- Maintaining arm position, bend right knee about 90 degrees to lower into a squat, left leg extended in front of you, foot flexed; use straps only as much as you need to for balance.
- Engage core and drive through right heel to return to standing; use as little assistance from straps and/or arms as possible.
- Switch legs and repeat to complete 1 rep.
- Do 2 sets of 10 reps.



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Trx Workouts For Beginners Guide

Jay Dawes



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Pushups Exercise for Beginners Irene Hushpupi, 2025-07-06. **PUSHUPS EXERCISE FOR BEGINNERS**. The Complete Beginner's Guide to Building Strength, Muscle and Full Body Fitness With Step by Step Push Up Workouts. Ready to build strength, boost endurance and transform your body, no gym required. This beginner friendly guide breaks down everything you need to know about push ups in a way that's simple, practical and effective. Whether you've never done a single push up or you're starting over after a long break, this book walks you through the process from zero to strong at your own pace. Inside you'll learn: The history and science behind push ups and why they work; What muscles you're actually training and how to activate them; How to warm up the right way to avoid injury; Step by step instructions for doing proper push ups, no

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