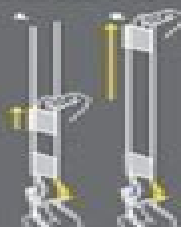
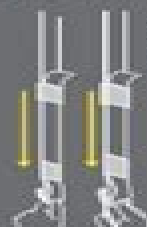


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ADJUSTING THE LENGTH OF THE TRX



To adjust the TRX:
A. Adjust the suspension strap to the desired height by pulling the strap down to the desired height and locking it.



To lengthen the TRX:
B. Lengthen the suspension strap by pulling the strap down to the desired height and locking it.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3 times.
3. Rest 30-60 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX length as follows:

1. Lengthen the suspension strap to the desired height by pulling the strap down to the desired height and locking it.
2. Repeat each exercise 3 times.
3. Rest 30-60 seconds between each exercise.

BODY POSITIONS

- STAND FACING: Stand with the suspension point directly in front of you.
- STAND FACING: Stand with the suspension point directly in front of you.
- STAND FACING: Stand with the suspension point directly in front of you.
- STAND FACING: Stand with the suspension point directly in front of you.

Adjust the TRX to the desired length.

UPPER BODY



1 TRX T-Deltoid Fly
STANDING
Builds strength and stability in the upper body, particularly in the shoulders. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



2 TRX Triceps Rotation
STANDING
Builds strength and stability in the upper body, particularly in the triceps. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



3 TRX Chest Fly
STANDING
Builds strength and stability in the upper body, particularly in the chest. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



4 TRX Power Pull
STANDING
Builds strength and stability in the upper body, particularly in the back. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.

LOWER BODY



5 TRX Single Leg Squat
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



6 TRX Reverse Lunges
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



7 TRX Overhead Lunge
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



8 TRX Lunge
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.

CORE



9 TRX Overhead Squat
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



10 TRX Reverse Lunge
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



11 TRX Side Plank
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



12 TRX Abdominal Crunch
STANDING
Builds strength and stability in the lower body, particularly in the legs. TRX: Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.

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Ben Greenfield



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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 **Complete Guide to TRX® Suspension Training®** Jay Dawes, 2022-11-08 Your essential guide to Suspension Training Since its development over a decade ago Suspension Training has remained a popular choice for developing strength stability core power flexibility and balance because it 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 Approved and endorsed by TRX the global leader in functional training products programming and education the Complete Guide to TRX Suspension Training Second Edition is the authoritative resource on safe effective and optimal use of Suspension Training and programming Written by renowned strength and conditioning expert Dr Jay Dawes the book offers 100 exercises 40 variations and 24 ready to use programs designed to take your workouts to unprecedented levels The second edition is packed with full color photos demonstrating how to perform each exercise as well as 14 assessments to help determine fitness level and gauge training progress Complete Guide to TRX Suspension Training also shows you how to incorporate Suspension Training into circuit training and injury prevention programs as well as programs for improving strength and power speed and agility balance and stability and flexibility If you are tired of repetitive workout routines sick of waiting for equipment at a crowded gym or simply looking to enhance your current regimen look no further than Complete Guide to TRX Suspension Training Note Fitness Anywhere LLC has granted Human Kinetics Inc permission to use TRX trademarks in accordance with TRX Trademark Usage Guidelines for the purposes of publishing Complete Guide to TRX Suspension Training Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **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

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- 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 for All Levels Whether you're a beginner or a seasoned athlete find customized workouts to suit your fitness level and target your specific goals
- 3 Fusion Workouts for Enhanced Results Integrate TRX with other training methods to amplify your gains and achieve a well rounded fitness routine
- 4 Mobility and Flexibility Drills Enhance your range of motion and prevent injuries with targeted stretching routines designed to keep you nimble and agile
- 5 Nutrition Tips for Peak Performance Complement your training with expert nutritional advice ensuring you fuel your body for optimal results

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