

YOUR TOTAL-BODY TRX STRENGTH WORKOUT

Do 10-12 reps of each move in order



Repeat this circuit a total of 3 times. | Do this workout 2-3 times per week.

SELF

Trx Full Force Training Guide

R Bogdan

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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