

## Get Started Now

### ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

1. Adjust the top handle to the desired height.
2. Adjust the bottom foot loop to the desired length.



To determine how the TRX® Suspension Trainer is anchored, follow these steps:

1. Adjust the top handle to the desired height.
2. Adjust the bottom foot loop to the desired length.

### PERFORM EACH EXERCISE AS FOLLOWS:

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

### TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Length by pulling the top handle to the desired height.
2. Length by pulling the bottom foot loop to the desired length.

### BODY POSITIONS

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

Adjust the TRX to your height.

## UPPER BODY



**1 TRX Lat Pull**  
STANDING  
Strengthens upper back and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**2 TRX Chest Press**  
STANDING  
Strengthens chest and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**3 TRX T Oblique**  
STANDING  
Improves posture by strengthening upper back and core muscles. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**4 TRX Shoulder Dead**  
STANDING  
Builds strength in back and shoulders. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.

## LOWER BODY



**5 TRX Balance Lunge**  
STANDING  
Develops leg strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**6 TRX Split to Split Lunge**  
STANDING  
Develops leg strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**7 TRX Hurdle Kick**  
STANDING  
Develops leg strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**8 TRX Hip Press**  
STANDING  
Develops leg strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.

## CORE



**9 TRX Plank**  
GROUNDING  
Develops core strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**10 TRX Leg Extension**  
GROUNDING  
Develops leg strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**11 TRX Overhead Back Extension**  
GROUNDING  
Develops back strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.



**12 TRX Hip Drop**  
GROUNDING  
Develops core strength and improves posture. TRX Suspension Trainer throughout movement. Stand with feet shoulder-width apart.

# Trx Force Training Guide Torrent

**Albert A Gayle**



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