

21 TRX EXERCISES

FOR YOUR SUSPENSION TRAINING WORKOUT

How To Design Your Workout

CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises.
Do 4 sets of 5 exercises



BEGINNERS

Work For **10** REPETITIONS

COMPLETE **4** CIRCUITS

REST FOR **30** REST

INTERMEDIATE

Work For **20** REPETITIONS

COMPLETE **4** CIRCUITS

REST FOR **45** REST

ADVANCED

Work For **30** REPETITIONS

COMPLETE **4** CIRCUITS

REST FOR **30** REST



Trx Suspension Manual

Yi-Tong Ma



Trx Suspension Manual:

Trx Suspension Manual Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Trx Suspension Manual**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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