

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 Training Manual

Padhraic Smyth



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Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Trx Training Manual** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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web in his own time conrad was praised for his power to depict life at sea and in the tropics and for his works qualities of romance a word used basically to denote his power of using an elaborate prose style to cast a film of illusory splendour over somewhat sordid events his reputation diminished after his death and a revival of

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