

Get Started Now

ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored, adjust the top handle. To adjust how the TRX is anchored, adjust the bottom foot loop. To adjust how the TRX is anchored, adjust the bottom foot loop.



To adjust how the TRX is anchored, adjust the top handle. To adjust how the TRX is anchored, adjust the bottom foot loop. To adjust how the TRX is anchored, adjust the bottom foot loop.

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. Lengthen the TRX by pulling the top handle down to the ground.
2. Shorten the TRX by pulling the top handle up to the ceiling.

BODY POSITIONS

- STANDING: Feet shoulder-width apart, arms extended forward.
- SEATED: Sit on the ground, knees bent, feet flat on the floor.
- Lying: Lie on your back, arms extended forward.
- Plank: Support your weight on your forearms and toes.

Adjust the TRX to fit your body.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



2 TRX Chest Press
STANDING
Strengthens chest and improves shoulder stability. TRX length should be adjusted so that the handles are at shoulder level.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the handles are at knee level.



4 TRX Shoulder Curl
STANDING
Builds strength in traps and shoulders. TRX length should be adjusted so that the handles are at shoulder level.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at knee level.



6 TRX Slider to Slide Lunge
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at knee level.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at knee level.



8 TRX Hip Press
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at knee level.

CORE



9 TRX Plank
GROUNDING
Core strength training. TRX length should be adjusted so that the handles are at shoulder level.



10 TRX Leg Extension
GROUNDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the handles are at knee level.



11 TRX Overhead Back Extension
STANDING
Develops back strength and improves core stability. TRX length should be adjusted so that the handles are at knee level.



12 TRX Hip Drop
STANDING
Develops core strength and improves posture. TRX length should be adjusted so that the handles are at knee level.

Trx Force Workout Guide Phase 1

J Spring



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Trx Force Workout Guide Phase 1 Book Review: Unveiling the Power of Words

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