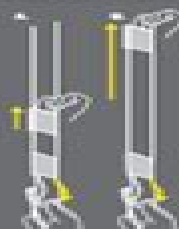
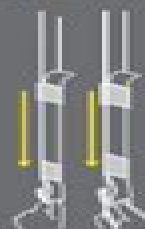


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ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored without using the Suspension Trainer, TRX Suspension Trainer can be anchored to a fixed point, such as a door handle, or a fixed point, such as a door handle, or a fixed point, such as a door handle.



To strengthen the TRX, the Suspension Trainer can be anchored to a fixed point, such as a door handle, or a fixed point, such as a door handle, or a fixed point, such as a door handle.

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 suspension trainer by pulling the anchor point up to the ceiling.
2. Shorten the suspension trainer by pulling the anchor point down to the floor.

BODY POSITIONS

1. STANDING: Feet shoulder-width apart, arms extended forward.
2. SQUAT: Feet shoulder-width apart, arms extended forward.
3. Lunge: Feet shoulder-width apart, arms extended forward.
4. Push-up: Feet shoulder-width apart, arms extended forward.

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 straps are at shoulder level.



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



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



- 6 TRX Split Squat**
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



- 7 TRX Hurdle Kick**
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



- 8 TRX Hip Press**
STANDING
Develops core strength by simultaneously activating the core and legs. TRX length should be adjusted so that the straps are at shoulder level.

CORE



- 9 TRX Plank**
GROUNDING
Core strength and stability. TRX length should be adjusted so that the straps are at shoulder level.



- 10 TRX Leg Extension**
GROUNDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



- 11 TRX Overhead Back Extension**
STANDING
Develops core strength by strengthening back muscles using arms. TRX length should be adjusted so that the straps are at shoulder level.



- 12 TRX Hip Drop**
STANDING
Develops core strength and improves posture. TRX length should be adjusted so that the straps are at shoulder level.

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Michael Brown

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