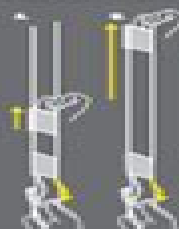
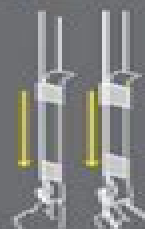


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ADJUSTING THE LENGTH OF THE TRX



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

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

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.
ADJUSTMENT: 1



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



4 TRX Shoulder Dead
STANDING
Builds strength in back and shoulders. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



6 TRX Split Squat
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

CORE



9 TRX Plank
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



10 TRX Leg Extension
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



11 TRX Overhead Back Extension
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



12 TRX Hip Drop
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

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Fitness Level: All

Without equipment you are healthy, without you, nothing matters. Connect a physical before beginning this or any exercise program.

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J Elliott



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