

FOUNDATIONAL MOVEMENT

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BASIC TRX MOVEMENT

PROGRESSION



PLANK

TRX PLANK



TRX BODY SAW



PULL

TRX LOW ROW



TRX Y FLY



PUSH

TRX CHEST PRESS



TRX PUSH UP



SQUAT

TRX SQUAT



TRX JUMP SQUAT



LUNGE

TRX STEP BACK LUNGE



TRX LUNGE



ROTATE

TRX WARD



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HINGE

TRX HINGE
(FACING ANCHOR)



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