

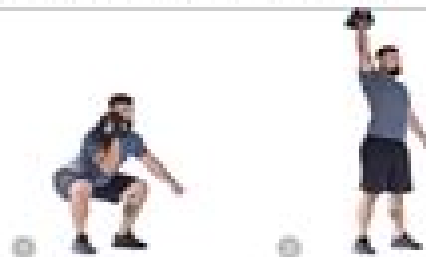
## ROUND 1

### 1.1 TRX KNEELING ROLLOUT



- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

### 1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab YBell with a center grip, resting YBell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degrees.
- Drive through the floor to return to a standing position, pressing YBell overhead.

### 1.3 YBELL ALTERNATING SWING



- Stand with YBell at wrist's length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the YBell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

## ROUND 2

### 2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the YBell set up in a plank position, feet shoulder width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return YBell to the ground and repeat on the opposite side.

### 2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

### 2.3 YBELL REVERSE LUNGE



- Standing tall, grab YBell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

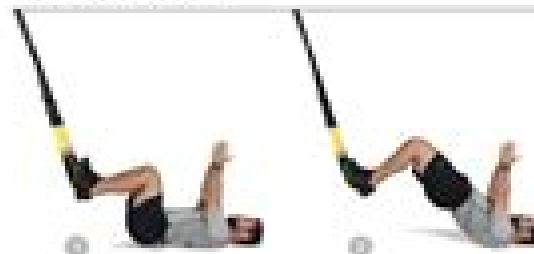
## ROUND 3

### 3.1 TRX SINGLE LEG SQUAT



- Adjust straps to mid-length.
- Standing tall, raise one foot to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

### 3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90-degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips/back down to the starting position.

### 3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

# Trx Mens Workout Guide

**Michael Mejia, Myatt Murphy**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Trx Mens Workout Guide:**

**The Men's Health Gym Bible** Michael Mejia, Myatt Murphy, 2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience Men's Health fitness advisor Michael Mejia and co author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness In addition to hundreds of exercises for strength and cardio equipment like free weights stability balls and treadmills this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training sandbags and kettle bells With almost 700 photos this edition features all new images that demonstrate proper form and technique for every functional exercise The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals no matter what your fitness level is Gym novices will find helpful information such as the ins and outs of gym memberships contract negotiation tips and how to safely use a piece of equipment for the first time This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without *The Men's Health Big Book of 15-Minute Workouts* Selene Yeager, Editors of Men's Health Magazine, 2011-10-25 Men love shortcuts If there's a way to accomplish a job quicker and more efficiently they're all for it That goes for work and working out Now new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism his fat burning furnace as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes The Men's Health Big Book of 15 Minute Workouts contains fast paced circuit training and interval workouts that boost calorie burn build muscle and fry belly fat in half the time of regular workouts Readers can choose from at home body weight only workouts and total body barbell programs to exercises that target major muscle groups the chest arms legs and back and sport specific workouts Other highlights include a special section of 15 minute core workouts to build a rock hard six pack an eating plan with delicious meals that take 15 minutes or less to prepare workouts for the office or when you're traveling and can't make it to the gym hundreds of tips from America's best trainers nutritionists and exercise scientists **Insiders' Guide® to Santa Barbara** Leslie Westbrook, 2012-03-06 Your Travel Destination Your Home Your Home To Be Santa Barbara Grab a bite at a gourmet restaurant Explore Channel Islands National Park Relax take a sip and savor Santa Barbara's wine country A personal practical perspective for travelers and residents alike Comprehensive listings of attractions restaurants and accommodations How to live thrive in the area from recreation to relocation Countless details on shopping arts entertainment and children's activities Out of Office Simon Salt, 2014-02-20 Work where you want when you want Want the flexibility to work outside the office It's not all peaches and cream There are real pitfalls real tradeoffs real hassles But there are also real solutions Whether you're freelancing telecommuting or workshifting this up to the minute guide will help you anticipate every challenge and overcome them Simon Salt shares the experiences of dozens of people who've customized successful out of office work arrangements for

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Dawes, Jay,2017-03-30 **Complete Guide to TRX Suspension Training** is the ultimate training guide Designed to develop strength power core stability flexibility and balance this guide explains and presents more than 115 of the most effective Suspension Training exercises With over 30 ready to use programs variations and training advice this is a must have for anyone seeking to maximize their workout and their results **Exercise** Justine J. Reel,2022-11-11 This book answers readers most pressing questions about exercise and physical activity and will serve as a valuable resource to anyone interested in starting and maintaining healthy habits in this important area of health Whether it s going for a run or to a yoga class playing basketball with friends or spending an afternoon gardening moving our bodies regularly is vital for both our physical and mental well being This book explores the different forms of exercise and physical activity their benefits and risks why so many people find it difficult to be physically active and how to create and maintain a healthy sustainable plan for physical activity Books in the Q A Health Guides series follow a reader friendly question and answer format that anticipates readers needs and concerns Prevalent myths and misconceptions are identified and dispelled and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations Each book also includes a section on health literacy equipping teens and young adults with practical tools and strategies for finding evaluating and using credible sources of health information both on and off the internet important skills that contribute to a lifetime of healthy decision making **Complete Guide to TRX® Suspension Training®** Jay Dawes,2022-11-08 For developing strength stability core power flexibility and balance Suspension Training delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide **Complete Guide to TRX Suspension Training Second Edition** from renowned strength and conditioning expert Dr Jay Dawes is the authoritative guide to Suspension Training This resource is so thorough that it has earned the endorsement of TRX Look inside at the instruction advice and insights and you ll see why This is a one of a kind resource designed to take workouts to unprecedented levels **Complete Guide to TRX Suspension Training** includes 100 exercises complete with instructions photo sequences variations and safety recommendations so you will learn how to develop and integrate strength power core stability flexibility and balance with the use of a Suspension Trainer In the gym at

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*Men's Health Best: Weight-Free Workout* Men's Health Magazine,2005-07-28 Men everywhere want to improve their health and fitness and their bodies This new series of books Men s Health Best addresses all aspects of a man s physical fitness from building core strength to managing sports injuries Authoritative affordable handsomely produced and extensively illustrated these 96 page books are the perfect guide to achieving strength fitness and well being Men s Health Best Weight Free Workout shows you how to put together a workout program you can follow anywhere no need to go to the gym It includes all the exercises you need for whole body fitness and maximum flexibility and explains the exact benefits of each one

*Men's Health Maximum Muscle Plan* Thomas Incledon,Matthew Hoffman,2005 Men s Health Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger stronger faster With customized plans for every body type and fitness level workout variations to push you to the next level and muscle building nutrition and supplement tips it s a proven program to give you the body you want ripped abs bulging biceps strong legs and a broader chest and back in just 12 weeks

**Warrior Workouts, Volume 2** Stewart Smith,2018-05-01 Warrior Workouts gets you into the best shape of your life the way the professionals do it Warrior Workouts Volume 2 features over 100 all new workouts designed to simulate the year long periodized training of Navy SEALs and special forces elite Combining a wide range of exercise information with tailored progression plans from legendary fitness expert and former Navy SEALs Stewart Stew Smith this program turns your everyday workouts into warrior workouts Warrior Workouts Volume 2 features challenging workouts including Build Your Own 300 Workout The perfect method to fit any program PT Supersets Intense training for maximum results Death by Push Ups Can you survive this grueling core workout TRX 5 x 5 x 5 Workout Weighted TRX workouts for extra challenge Beat Your Weakness Workout Surpass your cardio limits Tactical Strength Fitness Test The ultimate measure of your endurance Drawn

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**Basic Training** Jon Giswold, 2000-10-20 This introductory guide to health and fitness for men is a user friendly source of information techniques and images It explains the basic elements of health and fitness how to combine aerobic



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