

TRX

WORKOUT ONE BURN CALORIES

TOTAL
20 MINUTES

LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- DO 10 REPS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE SURE YOU REST
15-30 SECS IN BETWEEN
EACH EXERCISE

ROUND 1 HAMSTRING CURL

- Adjust straps to mid-calf length
- Bend at both ankles, hips raised, arms extended
- Drive heels into feet creases and pull knees towards chest
- Extend legs back

ROUND 2 CHEST PRESS

- Adjust TRX Straps to fully lengthened
- Choose a moderate-to-deep angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plane
- Extend arms/shoulders, to return to start

ROUND 3 LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot creases
- Drive suspended knee back, front leg lowers to a 90 degree knee bend
- Drive through front heel to return to standing
- Repeat on opposite leg

LOW ROW

- Fully Shorten TRX Straps
- Choose a shallow angle, pull shoulders down and back, hips/feet positioned at start
- Lower body until arms are extended, maintain plane
- Drive elbows back, bring chest back to start

SQUAT

- Adjust TRX Straps to mid-length
- Elbows stacked under shoulders, feet hip-width apart
- Lower hips back and down to target position
- Drive through heels, to return to standing start

BICEPS CURL

- Adjust TRX Straps to mid-length
- Choose a challenging angle, arms bent, hands to temples
- Extend arms, maintain plane
- Curl arms up to return to start

CROSSING BALANCE LUNGE (R/L)

- Adjust Straps to mid-length
- Center one leg to anchor point, 90 degree leg to 90 degree
- Lower knee behind grounded knee
- Drive through heel to return to start position
- Repeat on opposite leg

Y-DELTOID FLY

- Adjust TRX Straps to mid-length
- Extend arms straight out in Y position, shoulders down
- Lower body down, arms extended
- Drive shoulders back to start

PIKE

- Adjust TRX Straps to mid-calf
- Lifts in front, shoulders, positioned in a hand plank position
- Standing at the hips, slowly raise hips to the ceiling
- Slowly lower your hips and return to hand plank position

WORKOUT TWO BUILD STRENGTH

TOTAL
20 MINUTES

LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- DO 10 REPS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE SURE YOU REST
15-30 SECS IN BETWEEN
EACH EXERCISE

ROUND 1 CHEST PRESS

- Adjust TRX Straps to fully lengthened
- Choose a moderate-to-deep angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plane
- Extend arms/shoulders, to return to start

ROUND 2 LOW ROW

- Fully Shorten TRX Straps
- Choose a shallow angle, pull shoulders down and back, hips/feet positioned at start
- Lower body until arms are extended, maintain plane
- Drive elbows back, bring chest back to start

ROUND 3 HAMSTRING CURL

- Adjust TRX Straps to mid-calf
- Bend at both ankles, hips raised, arms extended
- Drive heels into creases, pull knees to chest
- Extend legs back to start

TRICEPS PRESS

- Adjust TRX Straps to fully lengthened
- Extend arms in front of shoulders, head/neck, and raise shoulders to temples
- Straighten arms, bring shoulders away from ears, maintain plane
- Lower body to start position

BICEPS CURL

- Adjust TRX Straps to mid-length
- Choose a challenging angle, arms bent, hands to temples
- Extend arms, maintain plane
- Curl arms up to return to start

HIP PRESS

- Adjust TRX Straps to mid-calf length
- Bend at both ankles, knees down over hips
- Drive heels down to lift hips up and form a straight line from knees to glutes
- Lower hips to ground

SINGLE LEG SQUAT (R/L)

- Adjust TRX Straps to mid-length
- Weight balanced on right foot, left leg extended with knee off ground
- Lower hips down and back, right knee lowered over foot
- Drive through right foot, to stand
- Repeat on opposite leg

LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot creases
- Drive suspended knee back, front leg lowers to a 90 degree knee bend
- Drive through front heel to return to standing
- Repeat on opposite leg

ATOMIC PUSH UP

- Adjust the TRX Straps to mid-calf
- Feet in foot creases, start in a hand plank position
- Slowly lower body and perform a push up
- Drive knees towards chest, then slowly extend returning to start

Trx 15 Manual

R Barnett



Trx 15 Manual:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Trx 15 Manual**

In a world inundated with monitors and the cacophony of instantaneous interaction, the profound power and mental resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, situated within the lyrical pages of **Trx 15 Manual**, a fascinating perform of fictional splendor that impulses with raw feelings, lies an unforgettable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this mesmerizing opus courses readers on an emotional odyssey, delicately exposing the latent potential and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is main styles, dissect its charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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web 1 calculate the molarity of a solution which contains 0.40 mol of a substance dissolved in 1.6 l of a solution 2 what is the molarity of a solution containing 325 g of nacl dissolved in 750 ml of solution 3 140 g of kcl is dissolved in 600 ml of water what is the molarity 4 724.4 g of ammonium phosphate in 4500 ml of alcohol

6.1 calculating molarity problems chemistry libretexts - Jun 13 2023

web determine the molarity for each of the following solutions 0.444 mol of CoCl_2 in 0.654 l of solution 98.0 g of phosphoric acid H_3PO_4 in 1.00 l of solution 0.2074 g of calcium hydroxide Ca(OH)_2 in 40.00 ml of solution 10.5 kg

16.11 molality chemistry libretexts - Aug 15 2023

web molality differs from molarity only in the denominator while molarity is based on the liters of solution molality is based on the kilograms of solvent concentrations expressed in molality are used when studying properties of solutions related to vapor pressure and temperature changes

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