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 3 MORE TIMES

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

ROUND 1

HAMSTRING CURL

- Adjust straps to mid-calf length
- Heels in foot cradles, hips raised, arms extended
- Drive heels into foot cradles and pull knees towards chest
- Extend legs back to start

LOW ROW

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

CROSSING BALANCE LUNGE (R/L)

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

ROUND 2

CHEST PRESS

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

SQUAT

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

Y-DELTOID FLY

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

ROUND 3

LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot cradles
- 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

BICEPS CURL

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

PIKE

- Adjust TRX Straps to mid-calf
- Feet in Foot Cradles, positioned in a hand plank position
- Bending at the hips, slowly raise hips to the ceiling
- Slowly lower your hips and return to hand plank position

WORKOUT TWO
BUILD STRENGTH

TOTAL
25 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/shallow angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plank
- Extend arms/elbows, to return to start

TRICEPS PRESS

- Adjust TRX Straps to fully lengthened
- Extend arms in front of shoulders, bend elbows, and raise thumbs to temples
- Straighten arms, bring shoulders away from ears, maintain plank
- Lower body to start position

SINGLE LEG SQUAT (R/L)

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

ROUND 2

LOW ROW

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

BICEPS CURL

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

LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot cradles
- 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

ROUND 3

HAMSTRING CURL

- Adjust TRX Straps to mid-calf
- Heel in foot cradles, hips raised, arms extended
- Drive heels into cradles, pull knees to chest
- Extend legs back to start

HIP PRESS

- Adjust TRX Straps to mid-calf length
- Heels in foot cradles, knees bent over hips
- Drive heels down to lift the hips up and form a straight line from knee to shoulder
- Lower hips to ground

ATOMIC PUSH UP

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

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DP Hallahan

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