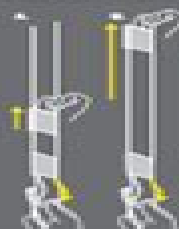


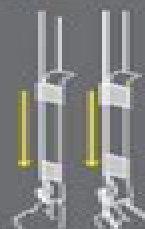
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ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

- Adjust the anchor point to the desired height. The anchor point is the point where the TRX is attached to the ceiling or other anchor point.
- Adjust the suspension point to the desired height. The suspension point is the point where the TRX is attached to the user's feet.



To determine how the TRX® Suspension Trainer is anchored, follow these steps:

- Adjust the anchor point to the desired height. The anchor point is the point where the TRX is attached to the ceiling or other anchor point.
- Adjust the suspension point to the desired height. The suspension point is the point where the TRX is attached to the user's feet.

PERFORM EACH EXERCISE AS FOLLOWS:

- Perform each exercise for 30 seconds.
- Repeat each exercise 3 times.
- Rest 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

- Length by pulling the anchor point to the desired height. The anchor point is the point where the TRX is attached to the ceiling or other anchor point.
- Length by pulling the suspension point to the desired height. The suspension point is the point where the TRX is attached to the user's feet.

BODY POSITIONS

- STAND FACING: Stand with the anchor point.
- STAND FACING: Stand with the anchor point.
- STAND FACING: Stand with the anchor point.
- STAND FACING: Stand with the anchor point.

Adjust the TRX to the desired height.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens back and improves posture. TRX length should be adjusted so that the TRX is at shoulder level.



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX length should be adjusted so that the TRX is at shoulder level.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the TRX is at shoulder level.



4 TRX Shoulder Curl
STANDING
Builds strength in back and shoulders. TRX length should be adjusted so that the TRX is at shoulder level.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the TRX is at knee level.



6 TRX Slider to Slide Lunge
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the TRX is at knee level.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the TRX is at knee level.



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the TRX is at knee level.

CORE



9 TRX Plank
GROUND FACING
Core strength training exercise. TRX length should be adjusted so that the TRX is at knee level.



10 TRX Leg Extension
GROUND FACING
Core strength training exercise. TRX length should be adjusted so that the TRX is at knee level.



11 TRX Overhead Back Extension
GROUND FACING
Core strength training exercise. TRX length should be adjusted so that the TRX is at knee level.



12 TRX Hip Drop
STANDING
Core strength training exercise. TRX length should be adjusted so that the TRX is at knee level.

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