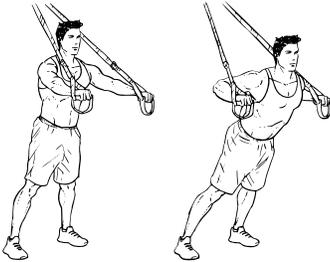
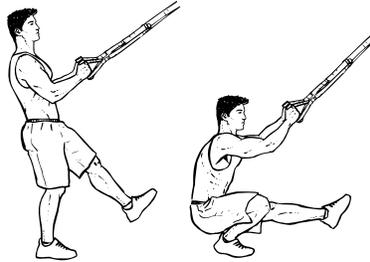


TRX Suspension Straps Chest Press



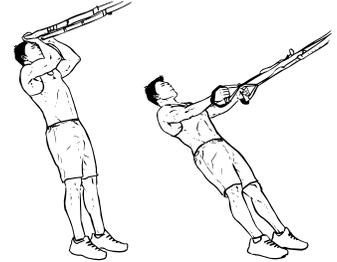
3 sets 12 reps 1 min rest

Suspension Single Leg Squats



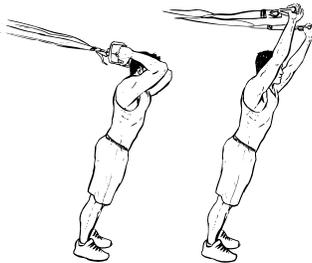
4 sets 10 reps 1 min rest

TRX Suspension Strap Bicep Curls



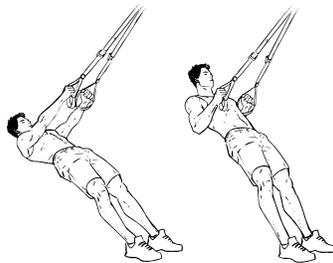
4 sets 12 reps 1 min rest

TRX Suspension Straps Tricep Extensions



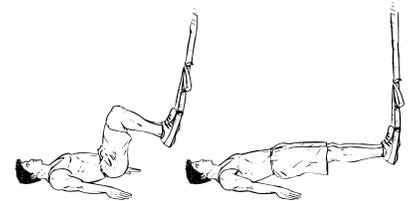
4 sets 12 reps 1 min rest

TRX Suspension Strap Rows



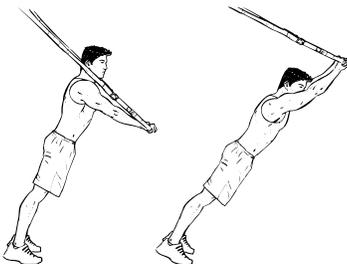
4 sets 12 reps 1 min rest

Suspension Hamstring Curls



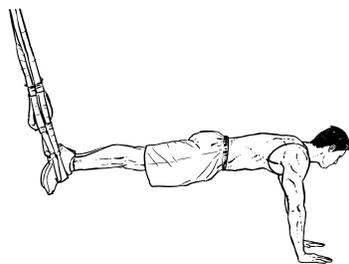
3 sets 15 reps 1 min rest

Standing TRX Suspension Strap Ab Rollout



3 sets 10 reps 1 min rest

Suspension Planks



3 sets 10 reps 1 min rest

TRX Suspension Straps Chest Press

Primary muscle group(s):

Chest

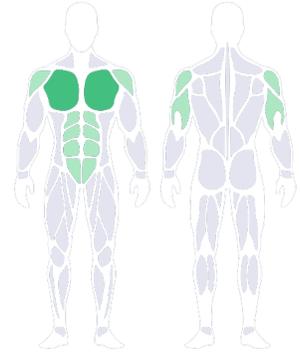
Secondary:

Abs, Shoulders, Triceps

Secure a TRX band on a door frame or other stable surface. Make sure that the band is overhead.

Holding the handles of the TRX band, walk forward until the slack tightens. Brace your core and stand with feet shoulder-width apart. Now lean forward on the bands until the bands are supporting your weight.

Maintaining a flat back and tight core throughout, lower yourself down between the bands until your elbows are at a 90 degree angle. Push yourself back up to the starting position.



TRX Pistol / Single Leg Squats

Primary muscle group(s):

Quadriceps

Secondary:

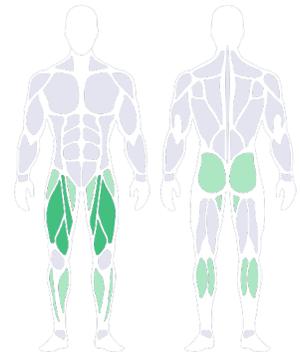
Calves, Glutes & Hip Flexors

Set the handles so that they hang at about chest height.

Take grip of the handles and use them as balance as you lift one leg off the ground.

With your grounded leg, bend at the knee and allow your body to lower itself steadily downwards, keep your elevated leg straight out in front as you do so.

Once the grounded leg is at its full bend, drive your foot into the floor and use your glutes to push your body back upwards. You shouldn't pull on the TRX, only use it for stability.



TRX Suspension Strap Bicep Curls

Primary muscle group(s):

Biceps

Secondary:

Abs, Forearms

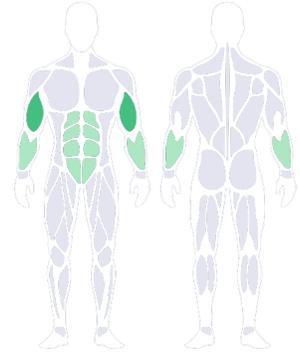
Secure a pair of suspension straps. Facing the straps, hold one handle in each handle.

Tighten your core and lower back. Slowly lean backwards and form a straight line with your body.

Extend your arms, keeping a slightly bent elbow. Pull yourself up and towards the straps by curling your arms.

Slowly lower yourself to the starting position while keeping tension in the biceps.

Repeat.



TRX Suspension Straps Tricep Extensions

Primary muscle group(s):

Triceps

Secondary:

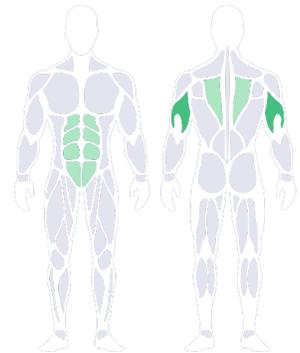
Abs, Upper Back & Lower Traps

Safely secure a pair of suspension straps. Hold a handle in each hand then raise both of your arms above your head. Keep your elbow slightly bent.

Lean forward with a tight core. Bend your arms to allow your body to lean.

Slowly push your arms forward, straightening them and raising your body as you do.

Once your arms are extended with a slight bend in the elbow, slowly return to the starting position and repeat.



TRX Suspension Strap Rows

Primary muscle group(s):

Lower Back

Secondary:

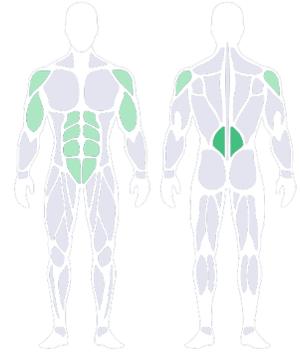
Abs, Biceps, Shoulders

Secure a pair of suspension straps. Stand facing the straps, brace your lower back, and tighten your core.

Lean back, letting the straps hold your weight. Your arms should be straight.

Pull yourself up with your back, maintaining a tight core.

Squeeze the back muscles and slowly lower yourself. Repeat.



TRX Suspension Strap Hamstring / Leg Curls

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

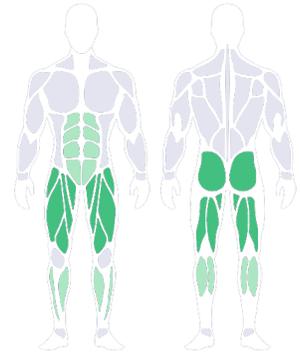
Secondary:

Abs, Calves

Lie on the ground with a TRX Suspension Strap at your feet. Lift both your feet into the strap, making sure they are secure. Tighten your core and place your hands at your sides.

Drive your hips up while maintaining a straight line with your body. Curl your feet in, moving them towards your butt. Maintain balance with your hands on the ground.

Once your feet reach your butt, slowly extend your feet back to the starting position. Do not allow your hips to drop. Contract the core during the entire movement.



Standing TRX Suspension Strap Ab Rollout

Primary muscle group(s):

Abs

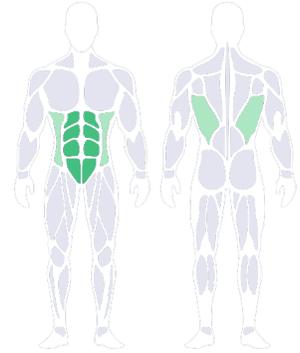
Secondary:

Middle Back / Lats, Obliques

Holding a TRX band with both hands, tighten your abs, keep your chest up, and place your gaze straight ahead.

Keeping your feet in place, slowly lean forward. In a slow, controlled movement, guide the TRX band above your head with straight arms.

Feel the contraction of your core as you fully extend. Pause and then contract your core to return you to the starting position.



TRX / Suspension Planks

Primary muscle group(s):

Abs, Obliques, Shoulders

Secondary:

Glutes & Hip Flexors, Lower Back

Begin by working your feet into the TRX handles that are hanging about 12 inches from the floor. Be sure to have the soles of your feet facing upward.

Walk out with your hands so that your body is fully lengthened and in a starting push-up like position. Keep your hands grounded.

Engage your abs and lower back to keep your body straight and strong, hold this position for the designated time.

Walk back with your hands and remove your feet from the TRX straps. Rest up!

