




Your TRX Workout


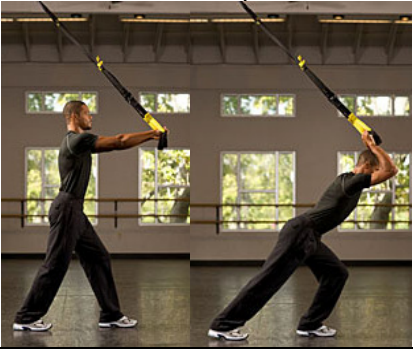




TRX® Suspension Trainer™ leverages gravity and the your bodyweight allowing you to choose the appropriate intensity catered to you.

Varying the intensity: Increase the intensity by positioning your body further away from under the anchor point of the TRX and lengthening the straps.

Do 3 sets of the indicated reps 3 times a week on non-consecutive days.

<p>Chest Press Push Up Muscles: Chest, Core, Triceps</p> 	<ol style="list-style-type: none"> 1. Holding the TRX handles in each hand, turn to face away from the anchor point. Raise your elbows to chest height. Wrists are in line with the forearm and palms face down. Pull your shoulder blades down and back. 2. Lunge forward slowly until the straps become tight. Slowly lower your upper body towards your hands while keeping the head and spine aligned. Do not allow the low back or ribcage to sag. 3. Exhale and slowly press your body away from your arms, straightening your elbows. Keep your arms level with your chest, torso rigid, and the head aligned with your spine. 4. Inhale and slowly lower your body back to your starting position. Perform 12 – 15 reps.
<p>Bridge Muscles: Glutes, Abs, Thighs</p> 	<ol style="list-style-type: none"> 1. Lie on back with arms at sides and palms flat on ground. Place heels in foot handles directly under anchor point. Press down with heels. Pull heels toward hips until knees are bent at a 90-degree angle. Keep feet flexed. □ 2. Drive hips up, until shoulders, hips, and knees are aligned. Return to start position. Perform 12 – 15 reps.
<p>Suspended Lunge Muscles: Thighs, Glutes, Hip Flexors, Abs</p> 	<ol style="list-style-type: none"> 1. With back to the TRX, hook right toes into both handles and hop left foot forward, extending right leg until almost straight, hands on hips. 2. Bend left knee to lower into a lunge, knee over ankle and shift hips backwards. Continue lowering yourself. Keep your weight over your left heel until your right thigh and torso form a straight line with one another. 3. Rise to standing on one leg to complete one rep. Complete 12 – 15 reps on each side.

<p>Back Row Muscles: Chest, Abs, Upper body</p> 	<ol style="list-style-type: none"> 1. Holding the TRX handles in each hand, turn yourself to face the anchor point. Stand with one foot ahead of the other and both feet facing forward. 2. Gently lean backwards. Shift your body weight over your back leg while straightening your elbows positioned at chest height. Do not allow your wrists to bend. Palms face inward. Keep your shoulder blades pulled back and down without letting them roll forward. Keep your head and spine aligned, and avoid any sagging in the low back. 3. Exhale and slowly bend your elbows, pulling your entire body towards your hands. Your elbows should move towards your sides and remain close to your body. 4. Inhale and slowly lower your body back towards your starting position, straightening your elbows. Complete 12 – 15 reps.
<p>Overhead Triceps Extension Muscle: Triceps, Core</p> 	<ol style="list-style-type: none"> 1. Holding the TRX handles in each hand, turn yourself to face away from the anchor point. Elbows should be pointing forward with a 90° bend. Wrists should be in line with your forearm and not bent. 2. From a split-stance position, lunge forward until the straps become tight. 3. Straighten your elbows by pressing your body away from your arms. Your upper arms should not move. Your elbows should continue to point forward, and your wrists should remain in the neutral position. 4. Inhale and slowly lower your body back towards your starting position. Keep your head and spine aligned. Complete 12 – 15 reps.
<p>Bicep Curls Muscles: Biceps, Abs</p> 	<ol style="list-style-type: none"> 1. Holding the TRX handles in each hand, turn yourself to face the anchor point. Stand with one foot ahead of the other and both feet facing forward. 2. Gently lean backwards. Shift your body weight over your back leg while straightening your elbows positioned at chest height. Do not bend your wrists and palms face upward. Keep your shoulder blades pulled back and down without letting them roll forward. 3. Slowly bend your elbows and pull your entire body towards your hands. Do not let your wrists bend. Your elbows should remain in front of and pointed away from you. Maintain a rigid torso, keeping your head and spine aligned, and avoid any sagging or arching in your low back or hips. 4. Inhale and slowly lower your body back to your starting position. Complete 12 – 15 reps.
<p>Plank Muscles: Core, Upper body, Lower body</p> 	<ol style="list-style-type: none"> 1. Place both feet toes-first into foot cradles. Position into a suspended plank. Rest weight on forearm; elbows directly under shoulders. Do not let hips sag. 2. Hold position by keeping core engaged. To increase intensity, perform on hands. Hold for 45 sec.

Resources: <http://www.acefitness.org/>, <http://www.trxspain.es/>