



Two Easy Exercises to Get Started on Your TRX Workout!

1. **Suspended Lunges**

Step 1. Hook right foot into handles and bring left foot forward. Extend right leg until almost straight.

Step 2. Bend left knee to lower into a lunge.

Step 3. Rise to standing on one leg to complete 1 rep.

2. **Plank**

Step 1. Place both feet into handles. Position into suspended plank. Rest weight on forearm or hands; elbows directly under shoulders.

Step 2. Hold position by keeping core engaged for 45 sec.

