

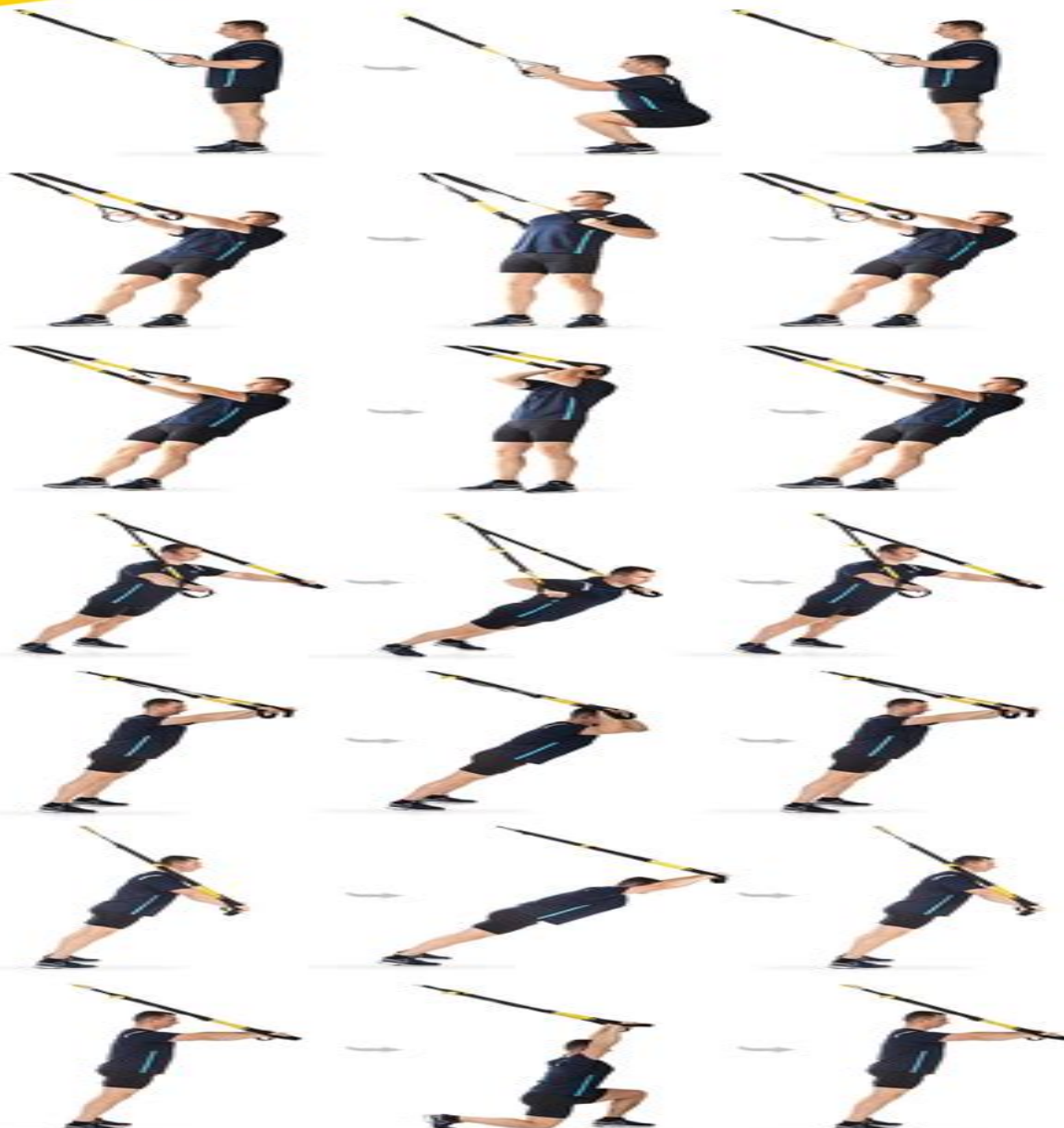
TRAINING #2

Suspension Workout 1

5 series - Circuit Training

Functional

Total Workout Fitness



1 Squat

10 repeats

- Stand facing the anchor. Grab the handles keeping your elbows below shoulder height for the full range of motion.
 - Drop down into a squat.
 - Drive up through your heels.
 - Return to the start position.
- Tip: Keep your chest lifted and the weight on the heels.

2 Low Row

10 repeats

- Stand facing the anchor. Grab the handles with your palms facing down. Lean back with your arms straight.
 - Row the handles together, keeping your elbows pulled into the sides and move your body up towards the anchor point.
 - Return to the start position maintaining body alignment.
- Tip: Keep your body straight and chest lifted. Bring your chest to the hands and the elbows in. Pull your shoulders down and back.

3 Biceps Curl

10 repeats

- Stand facing the anchor. Grab the handles with your palms turned upwards and lean back with your arms straight.
 - Curl and pull your hands towards your temples, keeping the elbows high and aligned with your shoulders throughout the movement.
 - Return to the start position maintaining body alignment.
- Tip: Keep your body straight and chest lifted. Keep your elbows in line with the shoulders throughout the movement. Bring your elbows parallel to front of the shoulders, do not split them apart.

4 Chest Press

10 repeats

- Stand facing away from the anchor. Grab the handles and extend your arms at shoulder height with your palms facing down. Keep your palms facing down and the weight on the balls of your feet.
 - Lower your chest towards the ground and bend your elbows at 90 degrees.
 - Press back up into the start position maintaining body alignment.
- Tip: Keep your body straight, core engaged and chest lifted. Raise your arms slightly past the shoulder height.

5 Triceps Press

10 repeats

- Stand facing away from the anchor. Grab the handles and extend your arms at shoulder height with your palms facing down and lean slightly forward on the balls of your feet.
 - Lower the weight on the handles, bend your elbows and bring your head towards the handles, keeping your elbows at shoulder height.
 - Return to the start position keeping tension on the handles.
- Tip: Keep your body straight and chest lifted. Keep your elbows in line with the shoulders throughout the movement. Maintain stationary shoulders. Bend the elbows.

6 Standing Roll Out

10 repeats

- Stand facing away from the anchor and grab the handles. Keep your arms extended at shoulder height, keep your palms facing down and lean slightly forward on the balls of your feet.
 - Slowly drive your arms up and lean forward keeping your core engaged.
 - Return to the start position maintaining full body alignment.
- Tip: Keep your body and arms straight and the core engaged.

7 Forward Lunge (With 1 Fly)

10 repeats

- Stand facing away from the anchor and grab handles. Extend your arms at shoulder height and keep your palms facing down.
 - Take a lunging step forward and reach your arms up in an "I" position.
 - Drop back your knee and drive back up into the start position through the knee bend.
- Tip: Keep your core engaged and your knee at a 90-degree angle to the ankle, do not lunge too far forward.

Trx Training Manual

Afiz H Clyde



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Orthopedic Management of the Hip and Pelvis Scott W. Cheatham,Morey J Kolber,2015-11-30 Provide effective treatment of hip and pelvic disorders Orthopedic Management of the Hip and Pelvis offers evidence based information on the

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anyone working or wanting to work in disability sport

Consumer Product Safety Commission's Oversight of Consent Decree Regarding Hazards of All-terrain Vehicles (ATV's) United States. Congress. House. Committee on Government Operations. Commerce, Consumer, and Monetary Affairs Subcommittee,1990

Preparing for the Army Combat Fitness Test Nate Palin,Rob Hartman,2021 Preparing for the Army Combat Fitness Test is the ideal resource to help new recruits and active duty soldiers train for the Army s physical assessment of combat readiness

Calisthenics: The Ultimate Guide Achieve the Physique of Your Dreams through Bodyweight Exercises (Body Weight Training, workout and Exercises Can Help You Build Lean Muscle and Stay Fit) David Bryson,101-01-01 This book contains proven steps and strategies on how to train and develop strength mobility and flexibility through calisthenics without having to use any equipment Calisthenics has been in existence since Ancient Greece and has been effectively used to develop near superhuman strength agility and flexibility through the decades You will also be provided with step by step guides for exercises that would develop upper body core and lower body strength and mobility Here Is a Preview of What you ll learn Why Calisthenics How to Get Started Beginner Exercises Intermediate Exercises Advanced Exercises And More Calisthenics are a form of exercise that consists of a variety of gross motor movements often rhythmical generally without using equipment or apparatus When performed vigorously and with variety calisthenics can provide benefits in the areas of muscular and cardiovascular fitness in addition to improving psychomotor skills such as balance agility and coordination

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