

ROUND 1

1.1 TRX KNEELING ROLLOUT



- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab Ybell with a center grip, resting Ybell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degrees.
- Drive through the floor to return to a standing position, pressing Ybell overhead.

1.3 YBELL ALTERNATING SWING



- Stand with Ybell at wrist's length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the Ybell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

ROUND 2

2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the Ybell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return Ybell to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE



- Standing tall, grab Ybell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

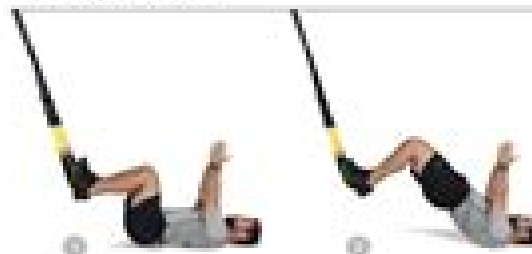
ROUND 3

3.1 TRX SINGLE LEG SQUAT



- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90-degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

Trx Exercices Guide

**Alexandre Dellal, Antonio Pintus, Léo
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exercises Sample workout plans for personalized results An appealing practical approach to exercise with more than 120 highly illustrated exercises **Le Guide complet du TRX suspension training - 2nde Édition** Jay Dawes, 2025-05-07 Découvrez la référence incontournable pour maîtriser le TRX Suspension Training grâce à cette seconde édition du Dr Jay Dawes expert renommé en force et en conditionnement physique. L'intérieur propose 100 exercices détaillés, des instructions claires, des séquences de photos, des variations et des recommandations de sécurité. 14 évaluations mesurent votre progression et ajustent vos exercices selon vos objectifs. 64 programmes d'entraînement prêts à l'emploi. Que ce soit en salle de sport, à la maison ou en déplacement, trouvez le programme parfait pour toutes les situations. Pourquoi ce guide est-il indispensable ? Flexibilité. Des options d'entraînement pour tous les niveaux du débutant à l'athlète confirmé. Portabilité. Entraînez-vous partout avec le Suspension Trainer sans équipement volumineux. Sécurité. Des recommandations de sécurité pour éviter les blessures et maximiser les bénéfices. Approuvé par TRX et enrichi des conseils d'un expert, ce guide complet est votre compagnon d'entraînement par excellence. Si vous recherchez la meilleure ressource pour développer votre force, puissance, stabilité du tronc, flexibilité et équilibre, ne cherchez pas plus loin.

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