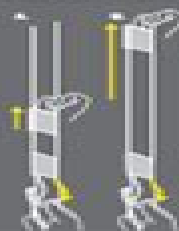
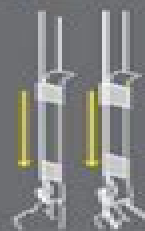


Get Started Now

ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored, adjust the top handle. To adjust how the TRX is anchored, adjust the bottom foot loop. To adjust how the TRX is anchored, adjust the bottom foot loop.



To adjust how the TRX is anchored, adjust the top handle. To adjust how the TRX is anchored, adjust the bottom foot loop. To adjust how the TRX is anchored, adjust the bottom foot loop.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3 times.
3. Rest 30 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Lengthen the TRX by pulling the top handle down to the ground.
2. Shorten the TRX by pulling the top handle up to the ceiling.

BODY POSITIONS

1. STANDING: Feet shoulder-width apart, arms extended forward.
2. SQUAT: Feet shoulder-width apart, arms extended forward.
3. Lunge: Feet shoulder-width apart, arms extended forward.
4. Push-up: Feet shoulder-width apart, arms extended forward.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



4 TRX Shoulder Curl
STANDING
Builds strength in traps and shoulders. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



6 TRX Split Squat
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

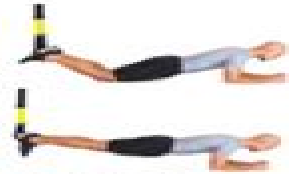


7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

CORE



9 TRX Plank
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



10 TRX Leg Extension
GROUNDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



11 TRX Overhead Back Extension
STANDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1



12 TRX Hip Drop
STANDING
Core strength. TRX length should be adjusted so that the handles are at shoulder level.
ADJUSTMENT: 1

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Penton Staff



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Handbook of Fiber Optic Data Communication Casimer DeCusatis, 2011-10-13 Handbook of Fiber Optic Data Communication Third Edition provides a comprehensive easy to use guide to the field of optical fiber data communications Written by experts in the industry from major companies such as IBM Cisco and Nortel the Handbook is a key reference for optical fiber technology networking protocols applications manufacturing and future directions It includes chapters on all the major industry standards written by the same experts who developed them This edition contains new material on transceiver form factors QSFP SFP XFP X2 manufacturing standards including JEDEC and RoHS as well as the latest revisions to industry standards including 8G and 10G Fiber Channel FICON SONET GFP LCAS and 10 Gigabit Ethernet The book also contains new chapters on emerging technologies and leading edge applications such as silicon photonics nanophotonics parallel optical interconnects specialty fiber cable types and optical backplanes Features include New Case Studies on Voice Data Convergence Redesigning Mainframe I O National LambdaRail and optical peer to peer networks Includes an expanded listing of references on the World Wide Web plus hard to find references for international homologation and type approval requirements Quick reference tables of all the key optical network parameters and a glossary that defines hundreds of technical terms and acronyms Written for engineers by engineers this Handbook will be an indispensable hands on reference for optical networks and equipment developers designers and installers as well as for students studying optical fiber communications wanting an understanding of and insight into professional practice New Case Studies on Voice Data Convergence Redesigning Mainframe I O National LambdaRail and optical peer to peer networks Includes an expanded listing of references on the World Wide Web plus hard to find references for international homologation and type approval requirements Quick reference tables of all the key optical network parameters and a glossary that defines hundreds of technical terms and acronyms

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