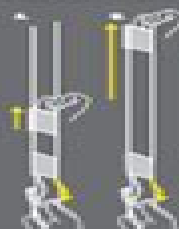


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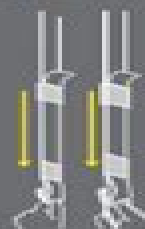
ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored without using the Suspension Trainer, TRX Suspension Trainer handles can be attached to any sturdy anchor, such as a door pull, wall hook, ceiling hook, or the handle of a door. To lock the handle into place:

1. Push the handle into the anchor point.

2. Push the handle into the anchor point.



To lengthen the TRX, push the handle into the anchor point and pull the handle down to the desired length. To lock the handle into place:

1. Push the handle into the anchor point.

2. Push the handle into the anchor point.

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 so the handles are about 10 inches off the ground.
2. Shorten the TRX so the handles are about 10 inches off the ground.

BODY POSITIONS

1. STANDING: Feet shoulder-width apart.
2. STANDING: Feet shoulder-width apart.
3. STANDING: Feet shoulder-width apart.
4. STANDING: Feet shoulder-width apart.

Adjust the TRX to keep up.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens back and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



4 TRX Shoulder Curl
STANDING
Builds strength in back and shoulders. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



6 TRX Split Squat
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.

CORE



9 TRX Plank
GROUNDING
Develops core strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



10 TRX Leg Extension
GROUNDING
Develops leg strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



11 TRX Overhead Back Extension
GROUNDING
Develops back strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.



12 TRX Hip Drop
STANDING
Develops core strength and improves posture. TRX Suspension Trainer handles are shoulder-width apart. TRX length is adjusted so the handles are about 10 inches off the ground.

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Fitness Level: All

Without insurance you are training without protection. Consider a physical before beginning this or any exercise program.

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DJ Losen

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