

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.

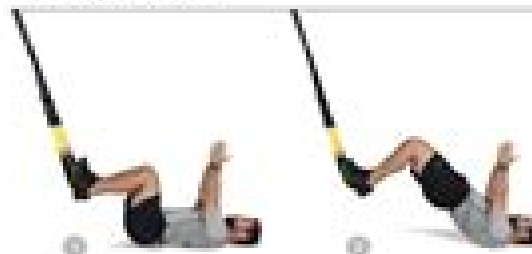
ROUND 3

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 Workout Guide

Frances Sharpe, Justin Price



Trx Workout Guide:

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A Professional's Guide to Small-Group Personal Training Keli Roberts, 2022 *A Professional's Guide to Small Group Personal Training* will help you incorporate group dynamics and your knowledge of training principles to develop new business offerings Attract new clients and improve their performance adherence and enjoyment in a small group setting

The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition Deidre Cane, Jonathan Cane, 2012-12-04 *The Complete Idiot's Guide to Weight Training Illustrated Fourth Edition* is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated *The Complete Idiot's Guide to Functional Training Illustrated* Frances Sharpe, Justin Price, 2009-12-01

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complet du TRX suspension training - 2nde Édition Jay Dawes,2025-05-07 D couvrez la r f rrence incontournable pour ma triser le TRX Suspension Training gr ce cette seconde dition du Dr Jay Dawes expert renomm en force et en conditionnement physique l int rieur 100 exercices d taill s Instructions claires s quences de photos variations et recommandations de s curit 14 valuations Mesurez votre progression et ajustez vos exercices selon vos objectifs 64 programmes d entra nement pr ts l emploi Que ce soit en salle de sport la maison ou en d placement trouvez le programme parfait pour toutes les situations Pourquoi ce guide est il indispensable Flexibilit Des options d entra nement pour tous les niveaux du d butant l athl te confirm Portabilit Entra nez vous partout avec le Suspension Trainer sans quipement volumineux S curit Des recommandations de s curit pour viter les blessures et maximiser les b n fices Approuv par TRX et enrichi des conseils d un expert ce guide complet est votre compagnon d entra nement par excellence Si vous recherchez la meilleure ressource pour d velopper votre force puissance stabilit du tronc flexibilit et quilibre ne cherchez pas plus loin

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Kettlebell Workout: Your Step by Step Guide to Using Kettlebells (The Ultimate Kettlebell Workout to Lose Weight Using Simple Techniques) Priscilla Lapierre, 2021-10-26 The oddly shaped and versatile kettlebell has only recently gained attention in popular fitness These objects serve as tremendous ballistic training tools that can quickly result in increases across all fitness domains This how to book takes you step by step from the history of kettlebells to basic biomechanics and through an extensive repertoire of kettlebell movements Each movement is carefully explained and demonstration photos are provided throughout Just some of the questions and topics covered include What are kettlebells and how do you use them What types of exercises are available What are the benefits vs Traditional strength training methods What would be a good beginner s workout with kettlebells Strength training with kettlebells helps you to get the maximum advantage out of your time effort investment in your kettlebell routine Working out with kettlebells is not simply replacing the dumbbell routines with kettlebells The off centre weight of kettlebells can be a boon for certain exercises and it can be a danger to you too if the bells are not handled properly

Complete Guide to Landmine Training David Otey, Joe Drake, 2025-03-20 When training for fitness or performance you have an array of equipment to choose from Unfortunately pain or limitations related to the knees hips lower back or shoulders can limit your options with dumbbells barbells or machines The need for an alternative way to load the body in unique joint friendly positions is at the heart of why the landmine was created Complete Guide to Landmine Training is the ultimate resource for everything you need to know about this powerful training device Renowned coaches David Otey and Joe Drake break down the science behind landmine training why it works where it is most effective and how you can immediately begin to reap its benefits Inside the book you will find the following 82 exercises for the upper body lower body full body and core with coaching cues and modifications including countless options for training around restrictions 35 workouts to train for total body conditioning advanced conditioning hypertrophy strength and power that feature options for using the landmine alone or in combination with other equipment The foundations of program design to help you understand training principles that can be applied to any workout not just those using a landmine Don t get stuck in the same old routine Complete Guide to Landmine Training is the secret to adding

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