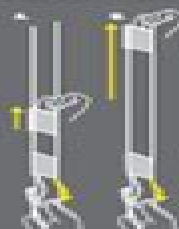


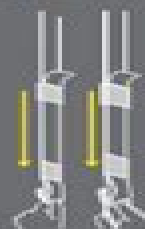
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ADJUSTING THE LENGTH OF THE TRX



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 pull, or other sturdy anchor of the desired length to suit your needs.

To anchor the TRX to a sturdy anchor, use the TRX Suspension Trainer handles to attach the TRX to the anchor. The TRX Suspension Trainer handles can be attached to any sturdy anchor of the desired length to suit your needs.



To anchor the TRX to a sturdy anchor, use the TRX Suspension Trainer handles to attach the TRX to the anchor. The TRX Suspension Trainer handles can be attached to any sturdy anchor of the desired length to suit your needs.

PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform each exercise for 30 seconds.
2. Repeat each exercise 3-5 times.
3. Rest 30-60 seconds between each exercise.

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX

1. Length by pulling the TRX handles to the desired length.
2. Length by pulling the TRX handles to the desired length.
3. Length by pulling the TRX handles to the desired length.

BODY POSITIONS

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

Adjust the TRX to suit your needs.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens upper back and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX Suspension Trainer handles should be adjusted to shoulder level.



4 TRX Shoulder Curl
STANDING
Builds strength in traps and shoulders. TRX Suspension Trainer handles should be adjusted to shoulder level.

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



6 TRX Split to Side Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.

CORE



9 TRX Plank
GROUNDING
Develops core strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



10 TRX Leg Extension
GROUNDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



11 TRX Overhead Back Extension
STANDING
Develops back strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.



12 TRX Hip Drop
STANDING
Develops core strength and improves posture. TRX Suspension Trainer handles should be adjusted to shoulder level.

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Fitness Level: All

Without equipment you are healthy, without you, nothing matters. Connect a personal trainer before beginning this or any exercise program.

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Biomechanical Performance and Relevant Mechanism of Physical Medicine and Rehabilitation for Neuromusculoskeletal Disorders Qipeng Song, Li Li, Pui Wah Kong, Lin Wang, Feng Wei, 2023-11-23 Biomechanical performance is a key to evaluating effectiveness in physical medicine and rehabilitation for neuromusculoskeletal disorders Assessments can be applied to degenerative dysfunction e.g. falls or knee osteoarthritis in older adults and sports related injuries e.g. ankle sprain or anterior cruciate ligament injury Patients body movements and daily activity functions can be compared to the state of pre injury condition or to the level of healthy individuals Some cutting edge studies have gone a step further and used biomechanical performance to develop physical medicine and rehabilitation approaches and explore the mechanisms behind their effectiveness However such studies are still relatively rare This research topic is intended to encourage more relevant projects to be published This research topic aims to encourage researchers to use biomechanical performance to design advanced physical medicine and rehabilitation approaches evaluate the effectiveness of the rehabilitation approaches and explore the mechanisms by which rehabilitation approaches work for neuromusculoskeletal disorders Some studies have developed stretching approaches for the rehabilitation of knee osteoarthritis in older adults by measuring biomechanical performance during functional activities Some studies indicated that the mechanism of physical activity to reduce falls in older adults lies in its effectiveness in increasing proprioceptive sensitivity and further indicated that rehabilitation of proprioception may be a key to reducing falls in the fall prone older adult population Some other studies analyzed biomechanical performance in ankle ligament injuries to understand when how and why ligaments fail As a result this research topic will expand the application of biomechanical performance to better understand and treat neuromusculoskeletal disorders

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TRX Suspension Training Afiz H Clyde, 2023-08-05 Unlock the Power of TRX Suspension Training and Transform Your Fitness Journey Are you ready to take your workouts to the next level and achieve remarkable results Look no further TRX Suspension Training The Complete Guide to Building Strength Flexibility and Balance is your ultimate resource for mastering

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