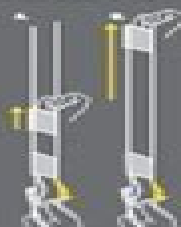
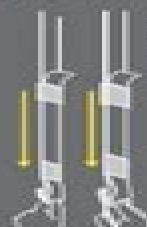


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ADJUSTING THE LENGTH OF THE TRX



To adjust the TRX:
A. Adjust the suspension strap to the desired height by pulling the strap down to the desired height and locking it.



To lengthen the TRX:
B. Lengthen the suspension strap by pulling the strap down to the desired height and locking it.

PERFORM EACH EXERCISE AS FOLLOWS:

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

TRX LENGTH ADJUSTMENT

For each exercise, adjust the TRX length as follows:

1. Lengthen the suspension strap to the desired height by pulling the strap down to the desired height and locking it.
2. Repeat each exercise 3 times.
3. Rest 30-60 seconds between each exercise.

BODY POSITIONS

- STAND FACING: Stand with the suspension point directly in front of you.
- STAND FACING: Stand with the suspension point directly in front of you.
- STAND FACING: Stand with the suspension point directly in front of you.
- STAND FACING: Stand with the suspension point directly in front of you.

Adjust the TRX to the desired length.

UPPER BODY



1 TRX Dumbbell Fly
STANDING
Builds strength and stability in the chest and shoulder girdle. The TRX straps are used to simulate a dumbbell fly. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



2 TRX Triceps Rotation
STANDING
Builds strength and stability in the triceps and shoulder girdle. The TRX straps are used to simulate a triceps rotation. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



3 TRX Chest Fly
STANDING
Builds strength and stability in the chest and shoulder girdle. The TRX straps are used to simulate a chest fly. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



4 TRX Power Pull
STANDING
Builds strength and stability in the chest and shoulder girdle. The TRX straps are used to simulate a power pull. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.

LOWER BODY



5 TRX Single Leg Squat
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate a single leg squat. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



6 TRX Reverse Lunges
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate a reverse lunge. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



7 TRX Overhead Balance Lunge
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate an overhead balance lunge. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



8 TRX Lunge
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate a lunge. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.

CORE



9 TRX Overhead Squat
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate an overhead squat. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



10 TRX Reverse Lunge
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate a reverse lunge. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



11 TRX Side Plank
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate a side plank. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.



12 TRX Abdominal Crunch
STANDING
Builds strength and stability in the legs and hip girdle. The TRX straps are used to simulate an abdominal crunch. Stand with the suspension point directly in front of you. Adjust the TRX to the desired length.

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Practical Strength Training Guide for Self-Defense & Martial Arts Ralph Haenel, 2016-08-25 The practical strength training guide for Wing Tsun Kung Fu Wing Chun Ving Tsun practitioners and fitness enthusiasts Step by step explanations of exercises Striking power for self defense and martial arts Now with bonus chapter about fundamental kettlebell training

Resistance Training Routines for Triathletes (Enhanced Edition) Ben Greenfield, 2013 This enhanced edition includes high quality video instructions and workout demonstrations for each of the training routines in the book Resistance Training Routines for Triathletes is an easy to understand manual with complete instructions and guides to cutting edge strength training programs for multi sport athletes This book contains the identical routines that triathlete Ben Greenfield uses in his triathlon training adapted for all experiences and fitness levels and designed in an easy to follow format

Suspended Bodyweight Training Kenneth Leung, 2015-02-03 A STEP BY STEP GUIDE TO GETTING AT HOME OR IN THE GYM A TONED AND MUSCULAR BODY WITH THE POPULAR SUSPENSION TRAINING SYSTEM All you need to develop long strong muscles and a fit slender physique is this comprehensive guide and your suspended bodyweight trainer Forget bulky machines and heavy weights these functional training workouts will unleash the full potential of any suspended bodyweight training system You will simultaneously tone and shape your entire body for Washboard Abs Carved Back Sculpted Shoulders Chiseled Chest Ripped Arms Firm Glutes Powerful Legs Packed with hundreds of step by step photos clearly explained exercises and progressive training programs for all levels of fitness this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting edge approach to total body fitness Suspension Fitness TRACY. CHRISTENSON, 2017-08-02 Training with suspension using your own body weight is at the heart of everything in this book Training with suspension is not new but it has evolved and is being more widely recognized as a valuable and useful tool Since the mid 1990s a variety of suspension training systems have been commercially available to professional trainers home users and the like This book is a complete guide to using this device and method of training to achieve your fitness goals You will learn how to complete more effective workouts in less time and perform them in the location of your choice There are chapters on specific training to improve strength increase flexibility increase cardiovascular fitness improve bone density and to achieve sport specific strength for running and cycling Included are numerous exercise and strength libraries as well as workout templates Try out this innovative fun system of strength and fitness training and see what it can do for you **Strength Training for Triathletes** Patrick S. Hagerman, 2008 Most traditional weight lifting programs are too general to benefit triathletes This illustrated guide offers 60 exercises that build strength for swimming

biking and running by replicating the muscle usage patterns specific to triathlon events The exercises are organized by sport and muscle group allowing triathletes to quickly find the best exercise for their unique training needs Included are sample seasonal plans for each race distance along with instructions on adapting training plans to individual needs that make it easy to develop a personal strength training program

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