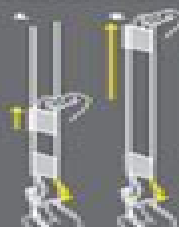


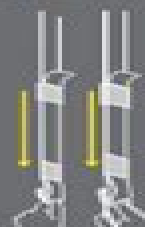
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ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is attached, follow the steps below:

1. Pull the strap down to the desired length.
2. Push the strap up to the desired length.
3. Push the strap down to the desired length.



To strengthen the TRX, follow the steps below:

1. Pull the strap down to the desired length.
2. Push the strap up to the desired length.
3. Push the strap down to the desired length.

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 length as follows:

1. Pull the strap down to the desired length.
2. Push the strap up to the desired length.
3. Push the strap down to the desired length.

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 your height.

UPPER BODY



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



2 TRX Chest Press
STANDING
Strengthens chest and improves shoulder stability. TRX length should be adjusted so that the straps are at shoulder level.



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



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

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



6 TRX Split to Split Lunge
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



8 TRX Hip Press
STANDING
Develops core strength by simultaneously activating the core and legs. TRX length should be adjusted so that the straps are at shoulder level.

CORE



9 TRX Plank
GROUNDING
Core strength training. TRX length should be adjusted so that the straps are at shoulder level.



10 TRX Leg Extension
GROUNDING
Develops leg strength and improves core stability. TRX length should be adjusted so that the straps are at shoulder level.



11 TRX Overhead Back Extension
STANDING
Improves posture by strengthening back muscles using core. TRX length should be adjusted so that the straps are at shoulder level.



12 TRX Hip Drop
STANDING
Develops core strength by simultaneously activating the core and legs. TRX length should be adjusted so that the straps are at shoulder level.

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Fitness Level: All

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Trx Force Training Guide Chart

Yan Bai

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'Yan Bai' text.

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