

# UPPER BODY

01

**TRX Back Row**

Strengthens upper back and improves posture.

**Tip:** Keep tension on TRX throughout movement. Step forward to increase intensity.

TRX  
MID LENGTH  
FACE  
TRX



02

**TRX Chest Press**

Strengthens chest and improves shoulder stabilization.

**Tip:** To prevent TRX from rubbing against arm, keep hands at shoulder level or higher. Step backward to increase intensity.

TRX  
LONG  
FACE  
AWAY  
FROM TRX



03

**TRX Back Fly**

Improves posture by strengthening upper back and rear shoulders.

**Tip:** Do not turn exercise into a row. Keep elbows at constant angle throughout movement. Redistribute weight from back foot to front foot on forward movement.

TRX  
LONG  
FACE  
TRX



04

**TRX Biceps Curl**

Builds strength in biceps and shoulders.

**Tip:** Point elbows straight ahead, in-line with shoulders. Step forward to increase intensity.

TRX  
MID LENGTH  
FACE  
TRX



05

**TRX Balance Lunge**

Develops leg strength and challenges core stability.

**Tip:** Maximize leg strength by limiting arm involvement. Plant rear foot to decrease intensity.

TRX  
MID LENGTH  
FACE  
TRX



06

**TRX Side Lunge**

Increases side-to-side mobility by strengthening hips and stretching inner thighs.

**Tip:** Use TRX to maintain balance.

TRX  
MID LENGTH  
FACE  
TRX



07

**TRX Hamstring Curl**

Improves hamstring, core and hip strength.

**Tip:** Keep even pressure on heels to prevent TRX from sawing.

TRX  
LONG  
FACE  
TRX



08

**TRX Hip Press**

Improves lower body strength by simultaneously activating hamstrings and glutes.

**Tip:** Keep knees at 90-degree angle. Flex feet if calves are over-stressed.

TRX  
LONG  
FACE  
TRX



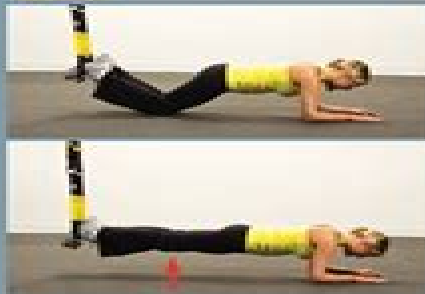
09

**TRX Plank**

Increases stabilization strength of core and entire body.

**Tip:** Before trying this exercise on TRX, make sure you can perform plank with feet on ground for 30-60 seconds.

TRX  
LONG  
FACE  
AWAY  
FROM TRX



10

**TRX Resisted Leg Raise**

Gets at hard-to-reach lower abs while increasing core stabilization.

**Tip:** To fully activate core and safeguard lower back, pull navel into spine.

TRX  
LONG  
FACE  
TRX



11

**TRX Overhead Back Extension**

Improves posture by strengthening back muscles along spine.

**Tip:** Begin by identifying "lead" position. Contract core to avoid leading movement with hips.

TRX  
LONG  
FACE  
TRX



12

**TRX Hip Drop**

Strengthens obliques, abs, hips and core.

**Tip:** Make sure hips are aligned with anchor point throughout movement.

TRX  
LONG  
SIDEWAYS  
TO TRX



# LOWER BODY

# CORE

# Trx 35 Page Training Guide

**O García**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Trx 35 Page Training Guide:**

## Whispering the Secrets of Language: An Psychological Journey through **Trx 35 Page Training Guide**

In a digitally-driven earth wherever displays reign supreme and instant communication drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases frequently move unheard. However, situated within the pages of **Trx 35 Page Training Guide** a interesting fictional value sporting with organic feelings, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, this wonderful opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the psychological depths of the poignant evaluation, we can embark upon a sincere exploration of the book is primary subjects, dissect their captivating publishing design, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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