

FULL BODY QUICK START EXERCISES

Following you will find a series of basic exercises intended to give you a jump start with your new trainer. For more exercises simply search the internet for "suspension training exercises".

WORKOUT: Select several exercises from each target group (UPPER, LOWER and CORE). Beginners perform each Exercise for 30 sec. with a 15 sec. break between exercises. As you progress make the exercises more challenging and/or increase the time you perform the exercise. Rotate through them on a regular basis.

WARM-UP: Time spent warming up and cooling down will improve the level of performance and improve the recovery process needed before and after using the trainer. The warm-up can consist of five minutes of jogging in place, jumping jacks, stationary bike or anything that will elevate your heart rate.

COOL-DOWN: The cool-down may consist of slow walking or anything that will gradually bring the heart rate down. Stretching should always be done after warm-up and cool-down.



UPPER

PUSH UP



1

UPPER

LAT PULL



2

UPPER

TRICEP EXTENSION



3

UPPER

BICEP CURL



4

UPPER

REVERSE FLY



5

LOWER

SQUAT



6

LOWER

CALF RAISE



7

LOWER

PISTOL SQUAT



8

LOWER

LUNGE



9

Trx Force Training Guide Spanish

**Mary Rose Bonk, Regie Carlton, Gale
Research Inc**

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