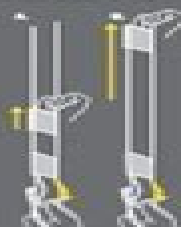
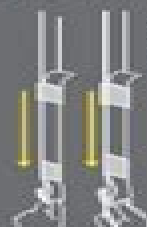


## Get Started Now

### ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored, pull the anchor point down to the desired height. The anchor point should be at least 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



To adjust how the TRX is anchored, pull the anchor point down to the desired height. The anchor point should be at least 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.

### 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. **Upper Body Exercises:** Adjust the TRX length so the anchor point is about 6 feet above the user's head.
2. **Lower Body Exercises:** Adjust the TRX length so the anchor point is about 6 feet above the user's head.

### BODY POSITIONS

- STANDING:** Stand with feet shoulder-width apart.
- STANDING:** Stand with feet shoulder-width apart.
- STANDING:** Stand with feet shoulder-width apart.
- STANDING:** Stand with feet shoulder-width apart.

Adjust the TRX to the length of the user's body.

## UPPER BODY



**1 TRX Dumbbell Fly**  
**STANDING**  
Builds strength and stability in the upper back and shoulder girdle. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**2 TRX Triceps Rotation**  
**STANDING**  
Builds strength and stability in the upper back and shoulder girdle. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**3 TRX Chest Fly**  
**STANDING**  
Builds strength and stability in the upper back and shoulder girdle. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**4 TRX Power Pull**  
**STANDING**  
Builds strength and stability in the upper back and shoulder girdle. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.

## LOWER BODY



**5 TRX Single Leg Squat**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**6 TRX Hurdle Step**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**7 TRX Overhead Balance**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**8 TRX Lunge**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.

## CORE



**9 TRX Overhead Squat**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**10 TRX Hurdle Step**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**11 TRX Side Plank**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.



**12 TRX Abdominal Crunch**  
**STANDING**  
Builds strength and stability in the lower body. The TRX length should be adjusted so the anchor point is about 6 feet above the user's head. The anchor point should be at least 6 feet above the user's head.

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- 4 Mobility and Flexibility Drills Enhance your range of motion and prevent injuries with targeted stretching routines designed to keep you nimble and agile
- 5 Nutrition Tips for Peak Performance Complement your training with expert nutritional advice ensuring you fuel your body for optimal results

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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

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**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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