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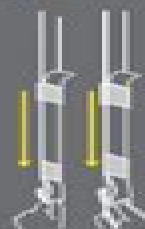
ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX is anchored without using the Suspension Trainer, TRX Suspension Trainer handles can be attached to any sturdy anchor, such as a door pull, wall hook, ceiling hook, or the handle of a door. To lock the handle into place:

1. Push the handle into the anchor point.

2. Push the handle into the anchor point.



To lengthen the TRX, push the handle into the anchor point and pull the handle down to the desired length. To lock the handle into place:

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

1. Lengthen the TRX by pulling the handle down to the desired length.
2. Lock the handle into the anchor point.

BODY POSITIONS

- STAND FACING: Stand with the anchor point.
- STAND FACING: Stand with the anchor point.
- STAND FACING: Stand with the anchor point.
- STAND FACING: Stand with the anchor point.

Adjust the TRX to hang up.

UPPER BODY



1 TRX Lat Pull
STANDING
Strengthens back and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level.
ADJUSTMENT: 1



2 TRX Chest Press
STANDING
Strengthens chest and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



3 TRX T Oblique
STANDING
Improves posture by strengthening upper back and core muscles. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



4 TRX Shoulder Curl
STANDING
Builds strength in back and shoulders. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1

LOWER BODY



5 TRX Balance Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



6 TRX Split to Side Lunge
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



7 TRX Hurdle Kick
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



8 TRX Hip Press
STANDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1

CORE



9 TRX Plank
GROUNDING
Develops core strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



10 TRX Leg Extension
GROUNDING
Develops leg strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



11 TRX Overhead Back Extension
STANDING
Develops back strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1



12 TRX Hip Drop
STANDING
Develops core strength and improves posture. TRX Suspension Trainer handles should be anchored at shoulder level. Push the TRX handles forward.
ADJUSTMENT: 1

Trx Force Manual

**United States. Department of the Air
Force**



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