

FOUNDATIONAL MOVEMENT

Start Here  
BASIC TRX MOVEMENT

PROGRESSION



PLANK

TRX PLANK



TRX BODY SAW



PULL

TRX LOW ROW



TRX Y FLY



PUSH

TRX CHEST PRESS



TRX PUSH UP



SQUAT

TRX SQUAT



TRX JUMP SQUAT



LUNGE

TRX STEP BACK LUNGE



TRX LUNGE



ROTATE

TRX WARD



TRX POWER PULL



HINGE

TRX HINGE  
(FACING ANCHOR)



TRX HINGE  
(FACING AWAY)



# Trx Training Exercises Manual

**Wolfgang Guggemos**

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

## **Trx Training Exercises Manual:**

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