

21 TRX EXERCISES

FOR YOUR SUSPENSION TRAINING WORKOUT

How To Design Your Workout

CHOOSE 5 EXERCISES

Perform the repetitions recommended for your ability and rest once you have completed all 5 exercises.
Do 4 sets of 5 exercises



BEGINNERS

Work For **10** REPETITIONS

COMPLETE **4** CIRCUITS

REST FOR **30** REST

INTERMEDIATE

Work For **20** REPETITIONS

COMPLETE **4** CIRCUITS

REST FOR **45** REST

ADVANCED

Work For **30** REPETITIONS

COMPLETE **4** CIRCUITS

REST FOR **30** REST



Trx Suspension Training Manual

Thirumalaisamy P.
Velavancorresponding



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Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Trx Suspension Training Manual** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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