

# 21 TRX EXERCISES

## FOR YOUR SUSPENSION TRAINING WORKOUT

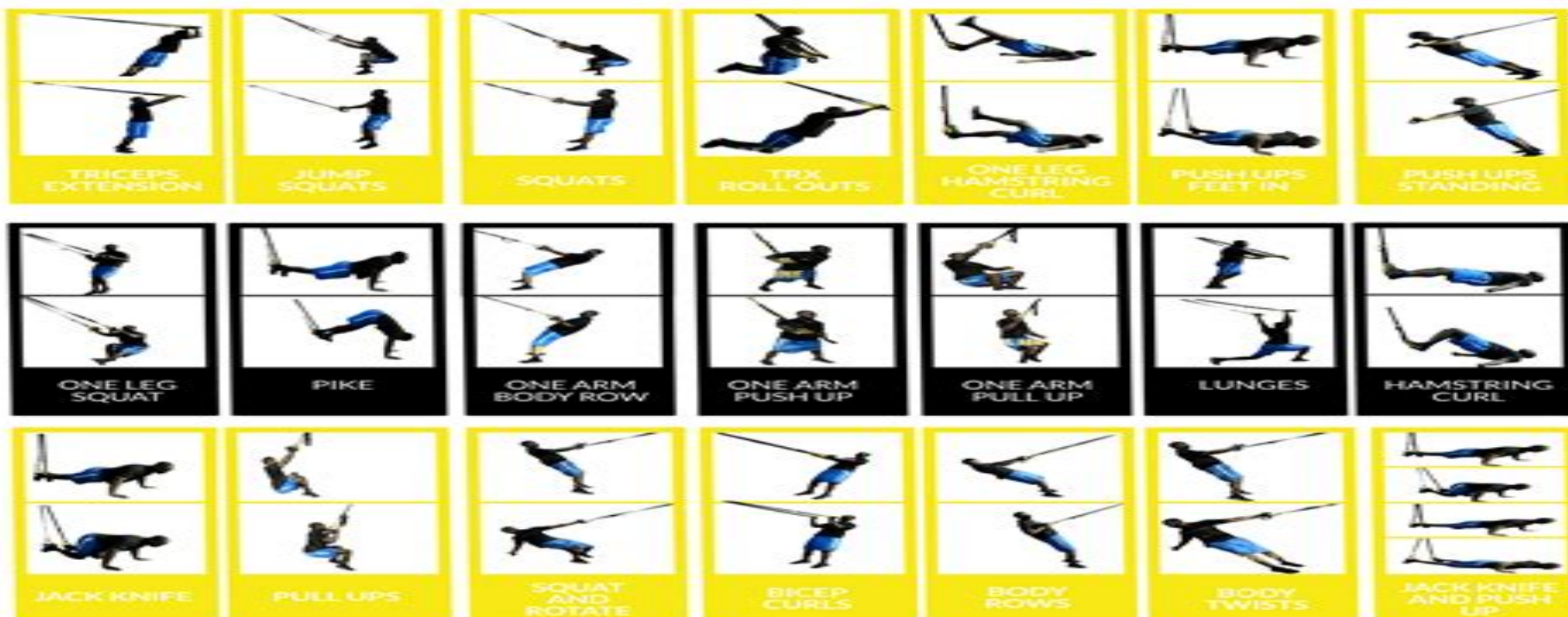
How To Design Your Workout

### 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



|                                                                    |                                |                            |                         |
|--------------------------------------------------------------------|--------------------------------|----------------------------|-------------------------|
| <b>BEGINNERS</b><br><br><b>INTERMEDIATE</b><br><br><b>ADVANCED</b> | Work For <b>10</b> REPETITIONS | COMPLETE <b>4</b> CIRCUITS | REST FOR <b>30</b> REST |
|                                                                    | Work For <b>20</b> REPETITIONS | COMPLETE <b>4</b> CIRCUITS | REST FOR <b>45</b> REST |
|                                                                    | Work For <b>30</b> REPETITIONS | COMPLETE <b>4</b> CIRCUITS | REST FOR <b>30</b> REST |



# Trx Exercise Guide

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