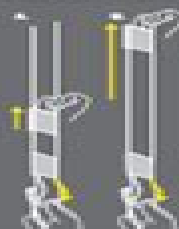


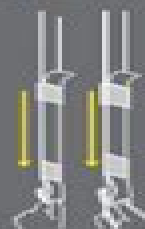
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### ADJUSTING THE LENGTH OF THE TRX



To adjust how the TRX® Suspension Trainer is anchored, follow these steps:

1. Adjust the top handle to the desired length.
2. Adjust the bottom foot loop to the desired length.



To determine how the TRX® Suspension Trainer is anchored, follow these steps:

1. Adjust the top handle to the desired length.
2. Adjust the bottom foot loop to the desired length.

### 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. Length by pulling the top handle to the desired length.
2. Length by pulling the bottom foot loop to the desired length.

### BODY POSITIONS

1. STANDING: Feet shoulder-width apart.
2. STANDING: Feet shoulder-width apart.
3. STANDING: Feet shoulder-width apart.
4. STANDING: Feet shoulder-width apart.

Adjust the TRX to your height.

## UPPER BODY



**1 TRX Lat Pull**  
STANDING  
Strengthens upper back and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**2 TRX Chest Press**  
STANDING  
Strengthens chest and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**3 TRX T Oblique**  
STANDING  
Improves posture by strengthening upper back and core muscles. TRX length should be adjusted so that the handles are at shoulder level.



**4 TRX Shoulder Curl**  
STANDING  
Builds strength in back and shoulders. TRX length should be adjusted so that the handles are at shoulder level.

## LOWER BODY



**5 TRX Balance Lunge**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**6 TRX Split Squat**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**7 TRX Hurdle Kick**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**8 TRX Hip Press**  
STANDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.

## CORE



**9 TRX Plank**  
GROUNDING  
Develops core strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**10 TRX Leg Extension**  
GROUNDING  
Develops leg strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**11 TRX Overhead Back Extension**  
STANDING  
Develops back strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.



**12 TRX Hip Drop**  
STANDING  
Develops core strength and improves posture. TRX length should be adjusted so that the handles are at shoulder level.

# Trx Force Manual

**Scot Ober**

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

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**The Autocar**, 1987

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*Gymnastics Medicine* Emily Sweeney, 2019-10-08 This book presents the most current information on the treatment of athletes involved in gymnastics a multifaceted sport with unique demands on its participants that can lead to a myriad of medical conditions and injury patterns It opens with an introduction to the history of gymnastics and a brief review of gymnastics disciplines and events An overview of gymnastics injury epidemiology lays the foundation for the rest of the book Growth and developmental issues are also discussed in detail as many young gymnasts train long hours before or during puberty Concepts related to the biomechanics of gymnastics common overuse and acute musculoskeletal injuries psychological issues concussions as well as rehabilitation and return to play principles round out the presentation Throughout there is the emphasis that young athletes are not simply small adults and that they have unique needs and considerations for evaluation and treatment Written and edited by experts in the field some of whom are former gymnasts themselves Gymnastics Medicine covers all of the relevant information on evaluation management and return to play for sports medicine physicians advanced practice providers physical therapists athletic trainers exercise scientists and mental health professionals

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