

TRX

Trainer: _____

KEY POINTS

1. TRX (Total Resistance Exercise) is a suspension training system that engages core muscles by utilizing gravity and your own bodyweight.
2. This exercise equipment can be used by all fitness levels - appropriate for beginners to professional athletes.
3. TRX straps should be anchored to a secure spot, and use either hands or feet (depending on the exercise) to hold on to the straps. There are 2 straps that have loop holes for feet or hands to perform movements that enlist gravity to build strength, stability, and flexibility.
4. Complete a metabolic warm-up prior to starting the workout below. Perform each set, rest for 30 seconds between each, and 1 minute between circuit groups. Follow with a proper cool-down.

Circuit	Exercise	Reps	Sets	Rest
A1	Single Leg Squat	12-15 each leg	2	30 sec.
A2	Push Up	12-15	2	30 sec.
A3	Oblique Crunch	12-15 each side	2	30 sec.
1 minute rest				
B1	Hamstring Curl	12-15	2	30 sec.
B2	Inverted Row	12-15	2	30 sec.
B3	Plank	60 sec.	2	30 sec.
1 minute rest				
C1	Hip Press	12-15	2	30 sec.
C2	Triceps Press	12-15	2	30 sec.
C3	Side Plank	30 sec., each side	2	30 sec.
Cool Down				