Title: TRX Suspension Strap Rows

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Abs, Biceps, Shoulders

Summary: <ol>

<li>Secure a pair of suspension straps. Stand facing the straps, brace your lower back, and tighten your core.</li>

<li>Lean back, letting the straps hold your weight. Your arms should be straight.</li>

<li>Pull yourself up with your back, maintaining a tight core.</li>

<li>Squeeze the back muscles and slowly lower yourself. Repeat.</li>

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