Title: TRX Suspension Straps Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Secure a TRX band on a door frame or other stable surface. Make sure that the band is overhead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding the handles of the TRX band, walk forward until the slack tightens. Brace your core and stand with feet shoulder-width apart. Now lean forward on the bands until the bands are supporting your weight.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Maintaining a flat back and tight core throughout, lower yourself down between the bands until your elbows are at a 90 degree angle. Push yourself back up to the starting position. </span></li>

</ol>