

TRX Total-Body Workout

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TRX suspension training is a full-body workout that can be done anywhere. It's a great way to build strength, endurance, and flexibility. The suspension straps are anchored to a fixed point, and you use your body weight to perform a variety of exercises. This workout is designed to challenge your muscles and improve your overall fitness.

How to Use the TRX Suspension Trainer

Exercise 1: TRX Push-Up

How to Perform: Stand with feet on the ground and hands on the TRX straps. Lean forward, keeping your back straight and your core engaged. Lower your body until your chest is just above the straps, then push back up to the starting position.

Benefits: This exercise works your chest, shoulders, and triceps. It also engages your core and improves your balance.

Exercise 2: TRX Squat

How to Perform: Stand with feet on the ground and hands on the TRX straps. Squat down, keeping your back straight and your core engaged. Lower your body until your thighs are parallel to the ground, then push back up to the starting position.

Exercise 3: TRX Lunges

How to Perform: Stand with feet on the ground and hands on the TRX straps. Step forward with one leg, keeping your back straight and your core engaged. Lower your body until your front thigh is parallel to the ground, then push back up to the starting position.



Exercise 4: TRX Pull-Up

How to Perform: Stand with feet on the ground and hands on the TRX straps. Pull your body up until your chin is above the straps, then lower back down to the starting position.

Benefits: This exercise works your back, shoulders, and biceps. It also engages your core and improves your balance.

Exercise 5: TRX Row

How to Perform: Stand with feet on the ground and hands on the TRX straps. Pull the straps towards your chest, keeping your back straight and your core engaged. Lower the straps back down to the starting position.

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