

TRX Total-Body Workout

Sweat like a U.S. Navy SEAL to strengthen your core—and every other part of your body. That's an order!

➔ Whether your fitness goal is to increase your balance and flexibility, whittle your waist into a waif, or to be powerful, or to become a strong woman, all you need is some portable TRX, a bag, and your own body weight to do it. (And you thought those extra pounds were good for nothing!) The most basic TRX equipment is an adjustable cord with two handles, and a pole, tree, or alternative anchor to wrap it around.

FULL DISCLOSURE: FIRST-TIMER LINEUP
Test TRX WORKOUTS: KICK BUTT

WORKOUT 1: TRX SQUAT

Setup: 10 to 18-inch height

Start here:

- Stand facing the TRX anchor point, feet shoulder-width apart.
- Grasp the handles and extend your arms forward to shoulder height, palm facing each other.
- Keep moderate tension on the TRX cord by leaning back slightly.

How to do it: Perform the following two exercise movements, pausing briefly between them. 4 first, then progressing to one-repetition movement. Repeat this routine continuously for 60 seconds.

Begin the movement with the TRX Squat:

- Keeping your feet flat on the floor, bend slightly, and extend them in your sides, draw your hips and your arms in a round position.
- Press through your heels to return to the starting position.
- Tip:** To add intensity, increase speed of movement or complete five single-leg squats.

Immediately after perform the TRX all-diagonal:

- Extend your arms, feet back, and walk your feet forward to create resistance on the cord.
- Draw your body toward the anchor point by extending your shoulders forward together and bending your elbows to pull your arms back behind you, lean your shoulders down and your upper arms at a 45-degree angle to your body.
- Return to the starting position, using slow controlled movements.
- Tip:** As you pull forward, tilt your head up slightly. Keep your abs engaged and don't allow your hips to swing forward or backward.



WORKOUT 2: TRX SQUAT

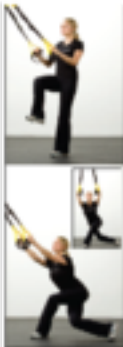
Setup: 10 to 18-inch height

Start here:

- Keep your feet flat, arms extended out with your feet together and your arms, legs and shoulders facing forward.
- Grasp the TRX handles, keeping your elbows pointing down in your sides.
- Pull your right knee toward your chest until your thigh is parallel to the floor and your leg is bent 90 degrees.

How to do it:

- Exhaling as you rise, pull your left thigh backward to the floor, swing your right leg back behind you, then swing your torso to the left. Your torso should rotate to accommodate your body to the movement.
- Return to your starting position.
- Repeat movement for 30 seconds.
- Repeat on the other side.



Tip: Tap the floor with your feet at the back of the point of your leg each time. As your balance and strength improves, hold your feet out down the floor without tapping it.