

TRX Total-Body Workout

David Hoyle is a personal trainer at CrossFit, a gym in Los Angeles, California, who has helped many people lose weight and gain muscle.

TRX is a total-body workout that can be done anywhere. It's a great way to get in shape and lose weight. The workout is designed to be done in a gym, but it can also be done at home. The workout is designed to be done in a gym, but it can also be done at home.

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