

Set 1

TRX (suspension trainer) Pull Up



Sets: **3**
Reps: **8-10**

Suspension Trainer (TRX) Push Up



Sets: **3**
Reps: **8-10**

Set 2

TRX Row to T



Sets: **3**
Reps: **10-12**

Suspension Trainer (TRX) Single Arm Reach

Sets: **3**
Reps: **10-12**

Set 3

Suspension Trainer (TRX) Single Leg Squat



Sets: 3
Reps: 12-15

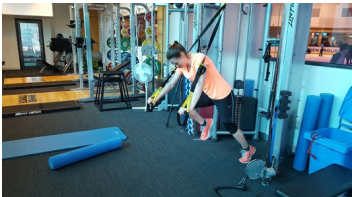
Running Man (Suspension Trainer/TRX)



Sets: 3
Reps: 12-15

Set 4

TRX (Suspension Trainer) Mountain Climbers



Sets: 3
Reps: 15 each leg

TRX (Suspension Trainer) Pike



Sets: 3
Reps: 15

Spider Push Up (TRX/Suspension Trainer)



Sets: 3
Reps: 15 each side