

Set 1

TRX (suspension trainer) Pull Up

Sets: 3 | Reps: 8-10



Suspension Trainer (TRX) Push Up

Sets: 3 | Reps: 8-10

Set up ropes or suspension training system

Use body weight for resistance (take your feet further forward for more resistance)

Push up on handles



Set 2

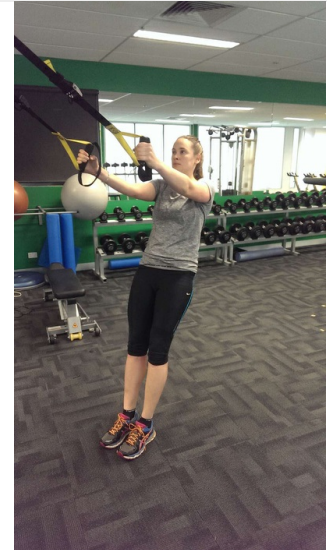
TRX Row to T

Sets: 3 | Reps: 10-12

Stand tall with slight backward lean.

Keeping arms straight, reach arms out to side to make a 'T'

Control back out to straight arms



Suspension Trainer (TRX) Single Arm Reach

Sets: 3 | Reps: 10-12

Start in push up position

Reach one arm forwards at a time

Set 3

Suspension Trainer (TRX) Single Leg Squat

Sets: 3 | Reps: 12-15

Preparation:

- Set up ropes or suspension training system
- Stand on one leg

Execution:

- Bring leg forward and perform a single leg squat

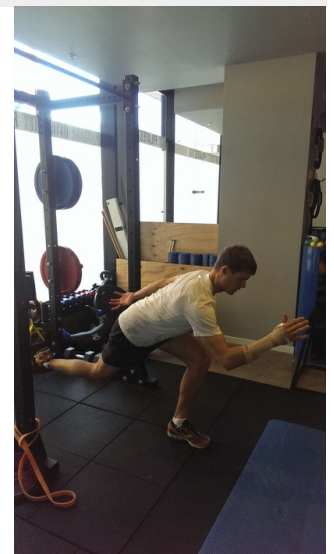


Running Man (Suspension Trainer/TRX)

Sets: 3 | Reps: 12-15

TRX Running Man

- Standing on one leg with your foot resting in the handles, on skateboard, or on a piece of paper
- Small lunge backwards (into running man position), then upright again, pushing through heels
- o Tuck hips under
- o Keep front knee still
- o 4/5 weight on front leg
- o Drive through front heel



Set 4

TRX (Suspension Trainer) Mountain Climbers

Sets: 3 | Reps: 15 each leg

Preparation:

- Start in plank position, hands on TRX as shown

Execution:

- Bring one knee towards chest, keeping torso stable
- Return to the start position and repeat on the other side



TRX (Suspension Trainer) Pike

Sets: 3 | Reps: 15

Preparation:

- Feet in straps in push up position

Execution:

- Roll onto your toes, lifting hips high



Spider Push Up (TRX/Suspension Trainer)

Sets: 3 | Reps: 15 each side

Preparation:

- Feet in straps in push up position

Execution:

- Lower into push up, bringing one knee to same elbow
- Return to start position
- Repeat other side

