



# TRX **FACEBOOK** WORKOUT

**> 20 MIN**

Exclusive to TRX Training  
Facebook fans

# TRX FACEBOOK WORKOUT

20 MIN

|                            |                    |                    |
|----------------------------|--------------------|--------------------|
| <b>TRX CHEST PRESS</b>     | <b>20 REPS</b>     | <b>20 SEC REST</b> |
| <b>TRX LOW ROW</b>         | <b>20 REPS</b>     | <b>20 SEC REST</b> |
| <b>TRX SPRINTERS START</b> | <b>20 EACH LEG</b> | <b>20 SEC REST</b> |
| <b>TRX PIKE</b>            | <b>20 REPS</b>     | <b>20 SEC REST</b> |
| <b>TRX W FLY</b>           | <b>20 REPS</b>     | <b>20 SEC REST</b> |
| <b>TRX TRICEPS PRESS</b>   | <b>20 REPS</b>     | <b>20 SEC REST</b> |

# TRX FACEBOOK WORKOUT

20 MIN

|                             |                    |                    |
|-----------------------------|--------------------|--------------------|
| <b>TRX HAMSTRING CURL</b>   | <b>20 REPS</b>     | <b>20 SEC REST</b> |
| <b>TRX MOUNTAIN CLIMBER</b> | <b>20 REPS</b>     | <b>20 SEC REST</b> |
| <b>TRX LUNGE</b>            | <b>20 EACH LEG</b> | <b>20 SEC REST</b> |

\*After the workout, please refer to the TRX Stretch Workout from the TRX HOME Kit for cool down. You can purchase the TRX HOME Suspension Training Kit at [TRXtraining.com/products/trx-home](https://www.trxtraining.com/products/trx-home).

# TRX CHEST PRESS



**20 REPS**

20 SEC REST



# TRX LOW ROW



**20 REPS**

20 SEC REST



# TRX SPRINTERS START



**20** EACH LEG

20 SEC REST



# TRX PIKE



**20 REPS**

20 SEC REST



# TRX W FLY



**20 REPS**

20 SEC REST





# TRX TRICEPS PRESS



**20 REPS**

20 SEC REST



# TRX HAMSTRING CURL



**20 REPS**

20 SEC REST



# TRX MOUNTAIN CLIMBER



**20 REPS**

20 SEC REST



# TRX LUNGE



**20** EACH LEG

20 SEC REST



# CONNECT.



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**TRX**