

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 core into a six-pack to be proud of, or lose some serious pounds, all you need is some portable TRX swag 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-TIMERS REPORT THAT TRX WORKOUTS KICK BUTT.

MOVE 1: TRX SQUAT-AND-ROW COMBO

Setup: TRX mid-length

Start here:

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

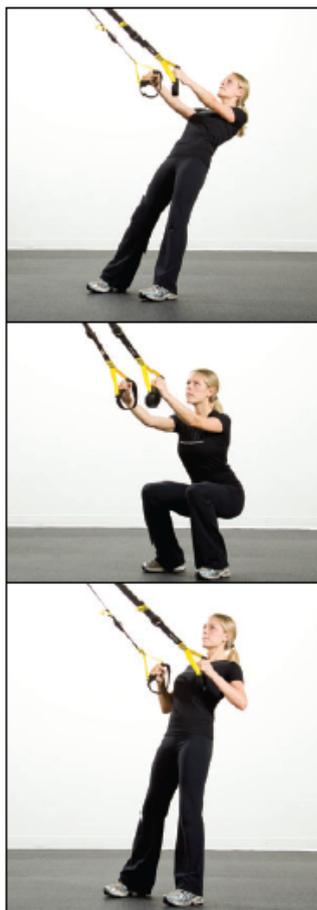
Then do this: Perform the following two exercise movements, pausing briefly between them at first, then progressing to one seamless movement. Repeat the combo continuously for 60 seconds.

Begin the movement with the TRX Squat:

- Keeping your feet flat on the floor, back straight, and elbows bent at your sides, drop your hips until you are in a squat position.
- Press through your heels to return to the starting position.
- **Tip:** To add intensity, increase speed of movement or progress to a single-leg squat.

Immediately after, perform the TRX 45-Degree Row:

- Extend your arms, lean back, and walk your feet forward to create resistance on the cord.
- Draw your body toward the anchor point by squeezing your shoulder blades together and bending your elbows as you pull your arms backward. Be sure to keep 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 sway forward or backward.



MOVE 2: TRX CROSSING BALANCE LUNGE

Setup: TRX fully shortened

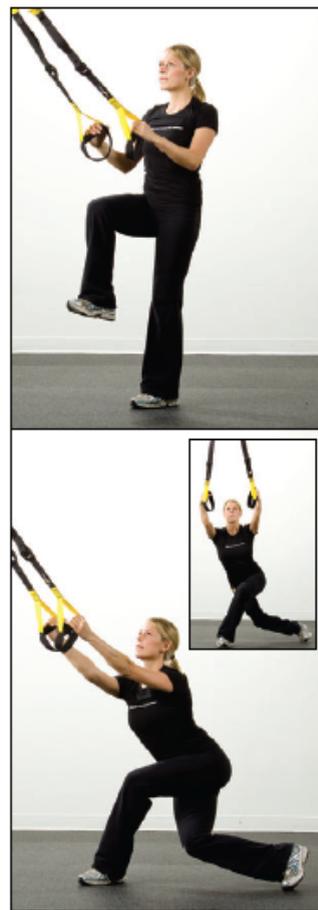
Start here:

- Face your anchor point and stand tall with your feet together and your toes, hips, and shoulders facing forward.
- Grasp the TRX handles, keeping your elbows slightly bent at your sides.
- Lift your right knee toward your chest until your thigh is parallel to the floor and your leg is bent 90 degrees.

Then do this:

- Squatting as low as you can, or until your left thigh is parallel to the floor, swing your right leg back behind you, then across your body to the left. Hips should rotate to accommodate cross-body leg movement.
- Return to your starting position.
- Repeat movement for 30 seconds.
- Repeat on the other side.

Tip: Tap the floor with your foot at the far point of your leg reach-back. As your balance and strength improve, hold your foot just above the floor without tapping it.



MOVE 3: TRX CHEST PRESS

Setup: TRX fully lengthened

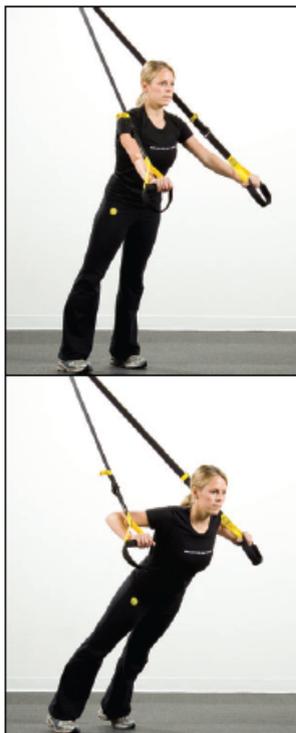
Start here:

- Stand facing away from your anchor point, feet shoulder-width apart.
- Hold the handles in front of your chest with your arms extended straight out (but not locked) at shoulder height.
- Engage your core muscles to keep your body in plank position. You can adjust the angle of your body to increase/decrease difficulty.

Then do this:

- Keeping your body in plank position, perform chest presses for 30 seconds.
- *Challenge 1:* Walk backward toward the anchor point, so that you are leaning farther forward. Chest-press for 30 seconds.
- *Challenge 2:* Walk farther back to find an even more challenging angle. Chest-press for 10 seconds.
- *Ease up:* Walk away from the anchor point to reduce your angle. Chest-press for 30 seconds.

Tip: Don't let the TRX straps rest or rub against your arms during the exercise. If necessary, stand with one leg forward to maintain good form.



MOVE 4: TRX TRICEPS PRESS

Setup: TRX mid-length

Start here:

- Stand facing away from the anchor point with one foot slightly in front of the other, toes pointing forward.
- Hold the handles with your palms facing down and your arms extended at forehead height.
- Keep your back straight and lean forward. Keep your hands 8 to 12 inches apart.

Then do this:

- Bend your arms at the elbows to lower your body, keeping your body straight and your elbows at shoulder height, pointing straight ahead. The handles should be drawn back toward your temples or slightly above the top of your head.
- Return to the starting position by driving your hands forward and extending your arms.
- Repeat for 30 seconds.

Tip: Press your body weight into the handles evenly throughout the movement. To increase resistance, move your front leg back. To decrease resistance, move your front leg forward.



MOVE 5: TRX SUSPENDED PLANK WITH ABDUCTION

Setup: Adjust the TRX so the lowest point of the foot cradles is 8 to 12 inches from the ground.

Start here: Place your toes in the foot cradles and assume a plank position with your hands or forearms on the floor, your feet directly beneath the anchor point, and your legs together.

Then do this:

- Separate (i.e., abduct) your legs as wide as possible without compromising your body alignment. Pause with your legs at the widest point.
- Repeat for 30 seconds.

Tip: Make the exercise harder by walking your hands farther away from the anchor point.



MOVE 6: TRX HAMSTRING RUNNER

Setup: Adjust the TRX so the lowest point of the foot cradles is 8 to 12 inches from the ground.

Start here:

- Place your heels inside the foot cradles and position your feet directly under the anchor point.
- Lie faceup on the floor with your arms at your sides, palms flat on the floor.
- Press down with your heels, using your core and glutes to lift your hips so your body forms a straight line from shoulders to heels.

Then do this:

- Bring your right heel toward your butt while keeping your hips lifted and squeezing your glutes. Repeat with your left leg.
- Perform for 30 seconds, alternating legs and exerting equal pressure on both heels as you press into the straps.

Tip: To increase intensity, move farther away from the anchor point before starting the exercise. For beginners, perform the movement with your hips resting on the floor.

