

# TRX

## WORKOUT ONE BURN CALORIES

**TOTAL**  
20 MINUTES

### LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- DO 10 REPS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE SURE YOU REST  
15-30 SECS IN BETWEEN  
EACH EXERCISE

### ROUND 1 HAMSTRING CURL

- Adjust straps to mid-calf length
- Bend at both ankles, hips raised, arms extended
- Drive heels into feet creases and pull knees towards chest
- Extend legs back

### ROUND 2 CHEST PRESS

- Adjust TRX Straps to fully lengthened
- Choose a moderate-to-deep angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plane
- Extend arms/shoulders, to return to start

### ROUND 3 LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot creases
- Drive suspended knee back, front leg lowers to a 90 degree knee bend
- Drive through front heel to return to standing
- Repeat on opposite leg

### LOW ROW

- Fully Shorten TRX Straps
- Choose a shallow angle, pull shoulders down and back, hips/feet positioned at start
- Lower body until arms are extended, maintain plane
- Drive elbows back, bring chest back to start

### SQUAT

- Adjust TRX Straps to mid-length
- Elbows stacked under shoulders, feet hip-width apart
- Lower hips back and down to target position
- Drive through heels, to return to standing start

### BICEPS CURL

- Adjust TRX Straps to mid-length
- Choose a challenging angle, arms bent, hands to temples
- Extend arms, maintain plane
- Curl arms up to return to start

### CROSSING BALANCE LUNGE (R/L)

- Adjust Straps to mid-length
- Center one leg to anchor point, 90 degree leg to 90 degree
- Lower knee behind grounded foot
- Drive through heel to return to start position
- Repeat on opposite leg

### Y-DELTOID FLY

- Adjust TRX Straps to mid-length
- Extend arms straight out in Y position, shoulders down
- Lower body down, arms extended
- Drive shoulders back to 90°

### PIKE

- Adjust TRX Straps to mid-calf
- Lifts in front. Crotches, positioned in a hand plank position
- Standing at the hips, slowly raise hips to the ceiling
- Slowly lower your hips and return to hand plank position

## WORKOUT TWO BUILD STRENGTH

**TOTAL**  
20 MINUTES

### LET'S GET STARTED

- 3 ROUNDS OF 3 EXERCISES
- DO 10 REPS OF EACH EXERCISE
- COMPLETE ALL 3 ROUNDS
- REPEAT 2 MORE TIMES

MAKE SURE YOU REST  
15-30 SECS IN BETWEEN  
EACH EXERCISE

### ROUND 1 CHEST PRESS

- Adjust TRX Straps to fully lengthened
- Choose a moderate-to-deep angle, arms extended in front
- Lower your body by bending elbows to 90 degrees, maintaining plane
- Extend arms/shoulders, to return to start

### ROUND 2 LOW ROW

- Fully Shorten TRX Straps
- Choose a shallow angle, pull shoulders down and back, hips/feet positioned at start
- Lower body until arms are extended, maintain plane
- Drive elbows back, bring chest back to start

### ROUND 3 HAMSTRING CURL

- Adjust TRX Straps to mid-calf
- Bend at both ankles, hips raised, arms extended
- Drive heels into creases, pull knees to chest
- Extend legs back to start

### TRICEPS PRESS

- Adjust TRX Straps to fully lengthened
- Extend arms in front of shoulders, head/neck, and raise shoulders to temples
- Straighten arms, bring shoulders away from ears, maintain plane
- Lower body to start position

### BICEPS CURL

- Adjust TRX Straps to mid-length
- Choose a challenging angle, arms bent, hands to temples
- Extend arms, maintain plane
- Curl arms up to return to start

### HIP PRESS

- Adjust TRX Straps to mid-calf length
- Bend at both ankles, knees down over hips
- Drive heels down to lift hips up and form a straight line from knees to glutes
- Lower hips to ground

### SINGLE LEG SQUAT (R/L)

- Adjust TRX Straps to mid-length
- Weight balanced on right foot, left leg extended with knee off ground
- Lower hips down and back, right knee lowered over foot
- Drive through right foot, to stand
- Repeat on opposite leg

### LUNGE (R/L)

- Adjust TRX Straps to mid-calf
- Place one foot in both foot creases
- Drive suspended knee back, front leg lowers to a 90 degree knee bend
- Drive through front heel to return to standing
- Repeat on opposite leg

### ATOMIC PUSH UP

- Adjust the TRX Straps to mid-calf
- Feet in foot creases, start in a hand plank position
- Slowly lower body and perform a push up
- Drive knees towards chest, then slowly extend returning to start

# Trx 3repair Manual

**Fred Larimer**



### Trx 3repair Manual:

*Index of Technical Publications* United States. Department of the Army,1977 **Organizational Maintenance Manual**,1984 Chilton's Import Car Repair Manual 1983-90 Chilton Automotive Books,1989-10 Maintenance specifications step by step parts replacments *Motor's Truck Repair Manual* ,1953 **Field Manuals** United States. War Department,1979-12 **Operator's, Organizational, Direct Support, and General Support Maintenance Manual Including Repair Parts List for Torch Outfit, Welding, Gas, Model 137 (NSN 3431-00-691-1415).** ,1985 **Motor Imported Car Repair Manual** ,1987 **WALNECK'S CLASSIC CYCLE TRADER, NOVEMBER 2003** Causey Enterprises, LLC, **Ground control approach radar repairer** United States. Department of the Army,1979 *Bentley BMW 5-Series 1989-95 Service Manual* Bentley Publishers,1998-07-03 If you re looking for better understanding of your BMW look no further This manual provides the highest level of clarity and completeness for all service and repair procedures Covers 525i 530i 535i 540i including touring **Motor Truck Repair Manual** Michael J. Kromida,1983-05 **Clymer Honda ATC TRX Fourtrax 70-125, 1970-1987** Penton Staff,1987-03-01 With the help of the Clymer Honda ATC TRX Fourtrax 70 125 1970 1987 Repair Manual in your toolbox you will be able to maintain service and repair your off road machine to extend its life for years to come Clymer manuals are very well known for their thorough and comprehensive nature This manual is loaded with step by step procedures along with detailed photography exploded views charts and diagrams to enhance the steps associated with a service or repair task This Clymer manual is organized by subsystem with procedures grouped together for specific topics such as front suspension brake system engine and transmission It includes color wiring diagrams The language used in this Clymer repair manual is targeted toward the novice mechanic but is also very valuable for the experienced mechanic The service manual by Clymer is an authoritative piece of DIY literature and should provide you the confidence you need to get the job done and save money too *Whitaker's Books in Print* ,1998 *Yamaha PW50 Y-Zinger, PW80 Y-Zinger and BW80 Big Wheel 81-02* ,2000-05-24 PW50 1981 1983 1985 1987 1990 2002 PW80 1983 1985 1991 2002 BW80 1986 1988 1990 *Commerce Business Daily* ,2000-06 **American Book Publishing Record** ,2006 *BMW Buyer's Guide* Fred Larimer,2002 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1954 Includes Part 1A Number 1 Books January June and Part 1B Number 1 Pamphlets Serials and Contributions to Periodicals January June Autocar ,2001 *Catalog of Copyright Entries* Library of Congress. Copyright Office,1953

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