

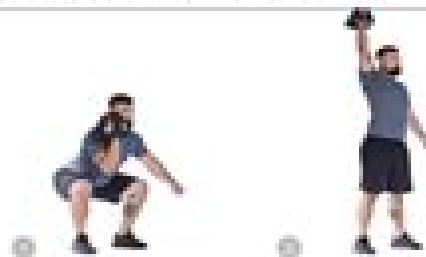
ROUND 1

1.1 TRX KNEELING ROLLOUT



- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab YBell with a center grip, resting YBell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degrees.
- Drive through the floor to return to a standing position, pressing YBell overhead.

1.3 YBELL ALTERNATING SWING



- Stand with YBell at arms length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the YBell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

ROUND 2

2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the YBell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return YBell to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE



- Standing tall, grab YBell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

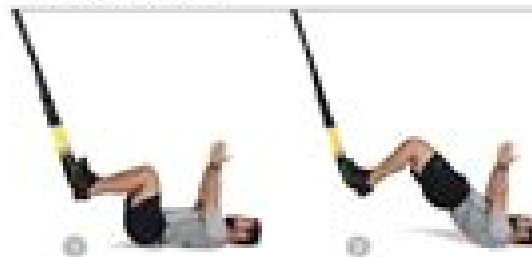
ROUND 3

3.1 TRX SINGLE LEG SQUAT



- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90-degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips/back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips/back down with minimal bend in the knee.

Trx Exercise Guide

Richard Hentz



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Kettlebell Workout: Your Step by Step Guide to Using Kettlebells (The Ultimate Kettlebell Workout to Lose Weight Using Simple Techniques) Priscilla Lapierre, 2021-10-26 The oddly shaped and versatile kettlebell has only recently gained attention in popular fitness These objects serve as tremendous ballistic training tools that can quickly result in increases across all fitness domains This how to book takes you step by step from the history of kettlebells to basic biomechanics and through an extensive repertoire of kettlebell movements Each movement is carefully explained and demonstration photos are provided throughout Just some of the questions and topics covered include What are kettlebells and how do you use them What types of exercises are available What are the benefits vs Traditional strength training methods What would be a good beginner s workout with kettlebells Strength training with kettlebells helps you to get the maximum advantage out of your time effort investment in your kettlebell routine Working out with kettlebells is not simply replacing the dumbbell routines with kettlebells The off centre weight of kettlebells can be a boon for certain exercises and it can be a danger to you too if the bells are not handled properly

A Comprehensive Guide to Sports Physiology and Injury Management Stuart Porter, Johnny Wilson, 2020-11-13 Divided into two parts physiology and sports injury management this is an innovative clinical and evidence based guide which engages with the latest developments in athletic performance both long and short term It also considers lower level exercise combined with the pertinent physiological processes It focuses on the rationale behind diagnostic work up treatment bias and rehabilitation philosophy challenging convention within the literature to what really makes sense when applied to sports settings Drawing upon experts in the field from across the world and various sports settings it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy Dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings Takes an interdisciplinary approach and draws upon both clinical and evidence based practice Contributed by leading international experts including academics researchers and in the field clinicians from a range of sports teams including the Royal Ballet and Chelsea FC Pedagogical features include learning objectives clinical tip boxes summaries case studies and Editor s commentary to critique of concepts and techniques across chapters

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Holistic Fitness: Manage a Fitness Plan Even if You Have a Hectic Lifestyle (A Beginner's Guide to Timeless Home Remedies & Simple Solutions for Natural Wellness) Richard Hentz, 101-01-01 The book begins by defining the essence of holistic fitness emphasizing the interconnectedness of the body mind and spirit It explores the significance of integrating these dimensions to achieve total wellbeing setting the stage for a holistic approach to health and fitness Readers embark on a journey to understand the foundations of holistic fitness unraveling the intricate connections between body mind and spirit Traditional fitness barriers are deconstructed making room for a more inclusive and sustainable approach to health You ll learn How gratitude physically changes your brain and body chemistry Why authentic gratitude is more powerful than forced gratitude practices Scientific evidence linking gratitude to better sleep reduced stress and improved immune function Practical strategies for maintaining gratitude during life s toughest challenges The surprising connection between gratitude and resilience How to avoid the pitfall of toxic positivity while cultivating genuine appreciation Holistic fitness is a type of training that involves keeping the body active and the mind relaxed by combining the relaxation techniques specific to oriental culture with the need for physical activity typical of western culture Here is everything you need to know about holistic fitness to train your body and mind **Prediabetes: A Complete Guide, Second Edition** Jill

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