



LEGS AND HIPS

15 MIN

HOW TO USE YOUR MOBILE GUIDE

DASHBOARD

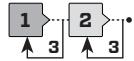
Workout overview.

ROUNDS

Your exercises are organized into rounds.

TRX ARMS AND SHOULDERS WORKOUT

15 MIN

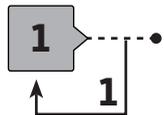


1	TRX BICEPS CURL	10 REPS	15 SEC REST
	TRX TRICEPS PRESS	10 REPS	15 SEC REST
	TRX Y FLY	15 REPS	15 SEC REST
2	TRX CLUTCH CURL	10 REPS	15 SEC REST
	TRX TRICEPS PRESS REVERSE GRIP	10 REPS	15 SEC REST
	TRX W FLY	15 REPS	15 SEC REST

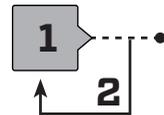
SETS

Indicates the number of times to perform each round.

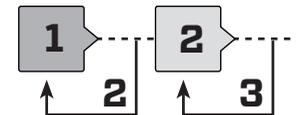
HOW TO PERFORM THE WORKOUTS



Perform each exercise in Round 1 in succession for one set.



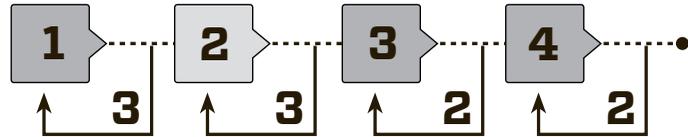
Perform each exercise in Round 1 in succession and repeat for two sets.



Perform each exercise in Round 1 in succession for two sets, then perform each exercise in Round 2 in succession for three sets.

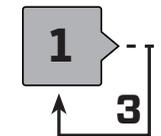
TRX LEGS AND HIPS WORKOUT

15 MIN



1	TRX HIP PRESS	10 REPS	15 SEC REST
	TRX HAMSTRING CURL	10 REPS	15 SEC REST
2	TRX LUNGE	15 REPS EACH LEG	15 SEC REST
3	TRX SINGLE LEG SQUAT	10 REPS EACH LEG	15 SEC REST
4	TRX CYCLE JUMP	20 REPS	0 SEC REST
	TRX SQUAT	30 REPS	1 MIN

TRX HIP PRESS



- > Face the door on your back with your knees over your hips.
- > Lift your hips up by pressing your heels down.
- > Lower hips to return.



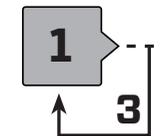
10 REPS

15 SEC REST

To view the workout visit [TRXtraining.com/mylocker](https://www.trxtraining.com/mylocker)

TRX

TRX HAMSTRING CURL



- > Face the door on your back and lift up your hips.
- > Pull your knees over your hips while pressing your heels down.
- > Straighten legs to return, keeping your hips up.



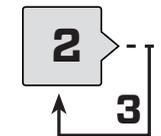
10 REPS

15 SEC REST

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TRX

TRX LUNGE



- > Face away from the door with one foot in both foot cradles.
- > Push your suspended knee back until your front knee is at 90 degrees.
- > Press up to return.



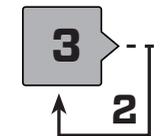
15 REPS EACH LEG

15 SEC REST

To view the workout visit [TRXtraining.com/mylocker](https://www.trxtraining.com/mylocker)

TRX

TRX SINGLE LEG SQUAT



- > Face the door and stand on one leg.
- > Lower your hips down and back.
- > Push up to return.



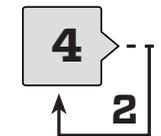
10 REPS EACH LEG

15 SEC REST

To view the workout visit [TRXtraining.com/mylocker](https://www.trxtraining.com/mylocker)

TRX

TRX CYCLE JUMP



- > Face the door with your front and back leg bent at 90 degrees.
- > Jump up, simultaneously switching legs.
- > Drop back into start position, keeping the rear knee off the ground.



20 REPS

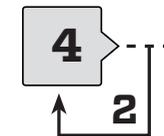
0 SEC REST

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TRX

TRX SQUAT

- > Face the door with your feet about shoulder width apart.
- > Lower your hips down and back.
- > Stand up to return.



30 REPS

1 MIN

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TRX

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TRX