



TRX[®]

AUDIO WORKOUT VISUAL GUIDE

Get strong, lean, fit and powerful with the TRX Audio Workout. Listen to the download, follow the expert instruction you hear and use this guide as a visual reference to see the start and midpoint of each exercise. Make this year your strongest yet when you make you body your machine with TRX.

TRX AUDIO WORKOUT

VISUAL GUIDE

WARM UP

TRX SQUAT

45 SECS

TRX OVERHEAD SQUAT

45 SECS

TRX SQUAT ROW

45 SECS

TRX LUNGE FLY

45 SECS

TRX ALTERNATE STEP BACK LUNGE

45 SECS

TRX SIDE TO SIDE LATERAL LUNGE

45 SECS

LOWER BODY	TRX SINGLE LEG SQUAT	30 SEC EACH SIDE
	TRX BALANCE LUNGE	30 SEC EACH SIDE
	TRX HAMSTRING CURL	60 SECS
	TRX HIP ABDUCTION	60 SECS
UPPER BODY	TRX CHEST PRESS	60 SECS
	TRX LOW ROW	60 SECS
	TRX Y DELTOID RAISE	60 SECS
	TRX BICEP CURL	60 SECS
	TRX TRICEP PRESS	60 SECS

CORE

TRX SUPINE PULL THROUGH

60 SECS

TRX OBLIQUE LEG RAISE

60 SECS

TRX CRUNCH

60 SECS

TRX KNEELING TORSO HIP FLEXOR STRETCH

TRX OFFSET HIP HINGE

TRX LOWER BACK STRETCH

TRX LONG TORSO STRETCH

TRX CHEST STRETCH

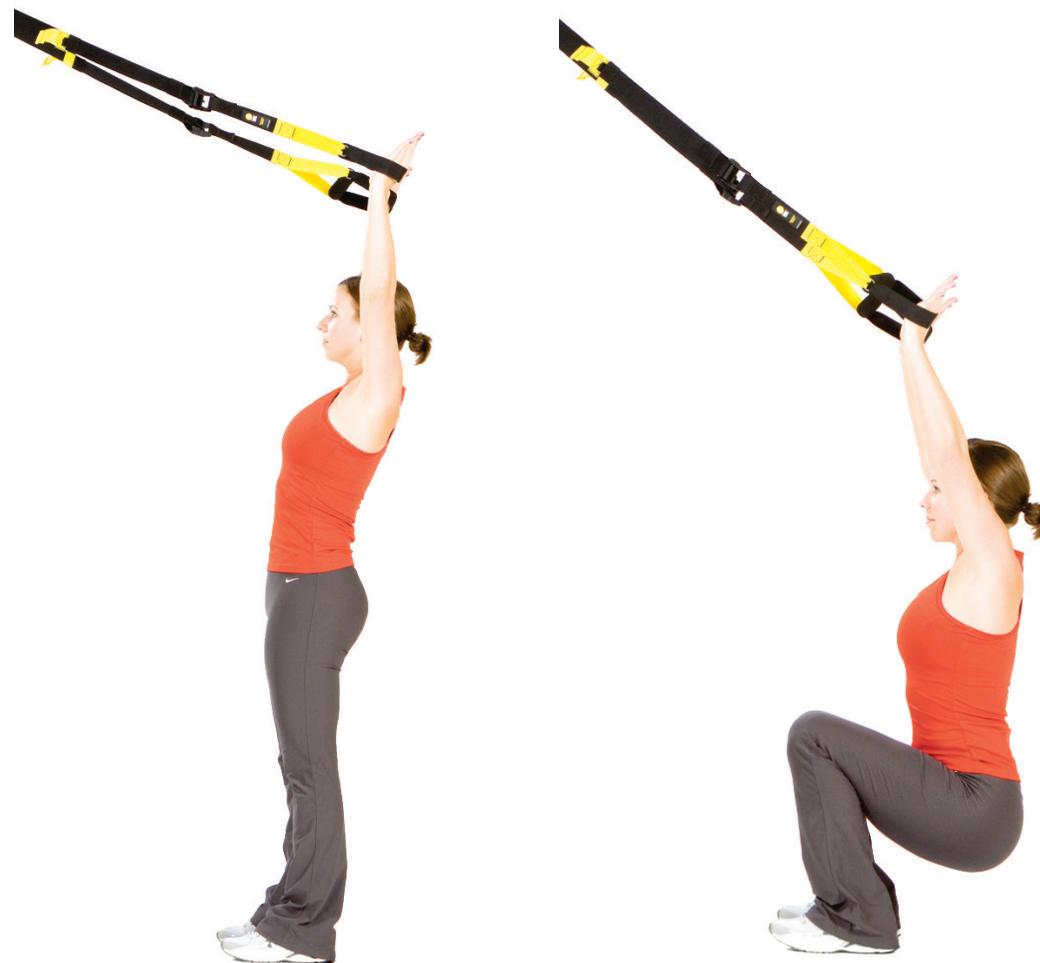
COOL DOWN

TRX SQUAT



45 SECS

TRX OVERHEAD SQUAT



45 SECS

TRX SQUAT ROW



45 SECS

TRX LUNGE FLY



45 SECS

TRX ALTERNATE STEP BACK LUNGE



45 SECS

TRX SIDE-TO-SIDE LATERAL LUNGE



45 SECS

TRX SINGLE LEG SQUAT



30 SECS EACH SIDE

TRX BALANCE LUNGE



30 SECS EACH SIDE

TRX HAMSTRING CURL



60 SEC

TRX HIP ABDUCTION



60 SEC

TRX CHEST PRESS



60 SEC

TRX LOW ROW



60 SEC



TRX Y DELTOID RAISE



60 SEC

TRX BICEPS CURL



60 SEC

TRX TRICEPS PRESS



60 SEC

TRX SUPINE PULL THROUGH



60 SEC

TRX OBLIQUE LEG RAISE



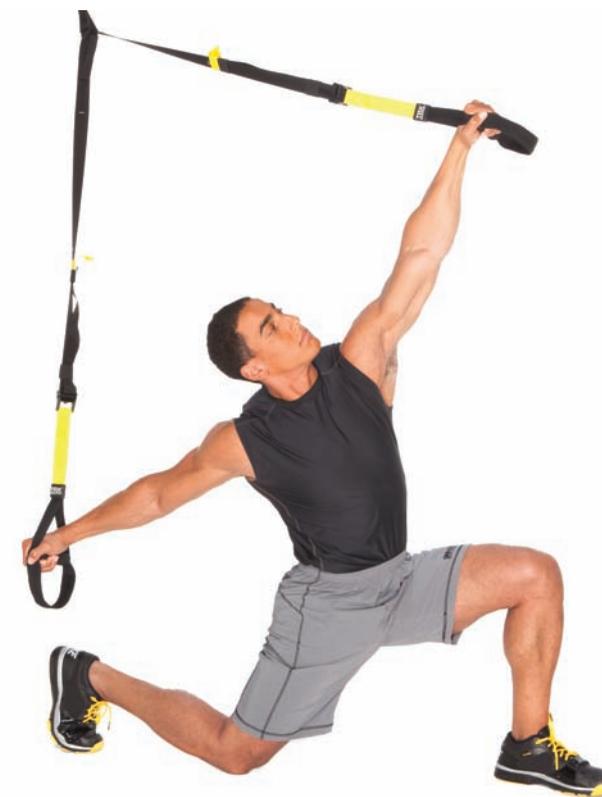
60 SEC

TRX CRUNCH



60 SEC

TRX KNEELING TORSO HIP FLEXOR STRETCH



TRX OFFSET HINGE



TRX LOW BACK STRETCH



TRX LONG TORSO STRETCH



TRX CHEST STRETCH



SHOP.

Find what you need to succeed by clicking [here](#) and make your body your machine with TRX.

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