

Lower Body Exercises

Lower body work on the TRX integrates core activation and results in more effective training for strength, stability and power. Because some percentage of bodyweight is unloaded onto the TRX, lower body exercises can be performed through greater ranges of motion safely with less stress. In addition, Suspension Training allows for unilateral (single) leg training in more variations, which delivers more effective results than any other training tool. Unilateral leg training is appropriate for all levels of fitness and performance training to teach and improve movement, flexibility, strength, agility and power.



TRX Squat

ADJUSTMENT: M

BENEFITS:

This simple squat takes some load off the knees by leaning back slightly.

TIP:

Press glutes back on the way down and engage them on the way up.



TRX Single Leg Squat

ADJUSTMENT: M

BENEFITS:

Allows for greater range of motion by utilizing the TRX for balance.

TIP:

Keep heel on ground for full leg and glute activation.



TRX Assisted Lunge

(aka Split Squat)

ADJUSTMENT: M

BENEFITS:

Initial progression allows body to stay centered and build lower body strength.

TIP:

Keep shoulders stacked over hips and core engaged while driving through legs and hips.

Lower Body Exercises



TRX Lunge

ADJUSTMENT: MC

BENEFITS:

A hands-free lunge that challenges unilateral leg strength and core stabilization.

TIP:

Keep heel on the ground and fully engage leg and glutes.



TRX Hamstring Curl

(Hips Grounded)

ADJUSTMENT: MC

BENEFITS:

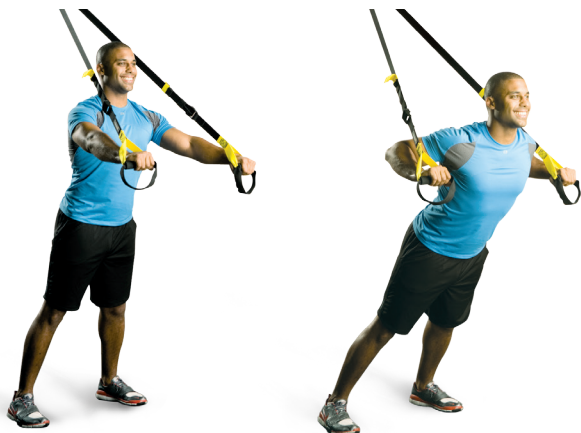
Strengthens hamstrings, hips, glutes and core.

TIP:

Bring heels toward glutes and maintain even pressure on the foot cradles to fully engage the hamstrings.

Upper Body Exercises

Many upper body exercises on the TRX resemble other types of traditional pressing and pulling movements, but the whole body integration and core activation makes them extremely effective at building functional strength.



TRX Chest Press

ADJUSTMENT: L

BENEFITS:

Strengthens chest, triceps, shoulders and core.

TIP:

Keep hands high enough to prevent the straps from rubbing against arms during the exercise



TRX Push-Up

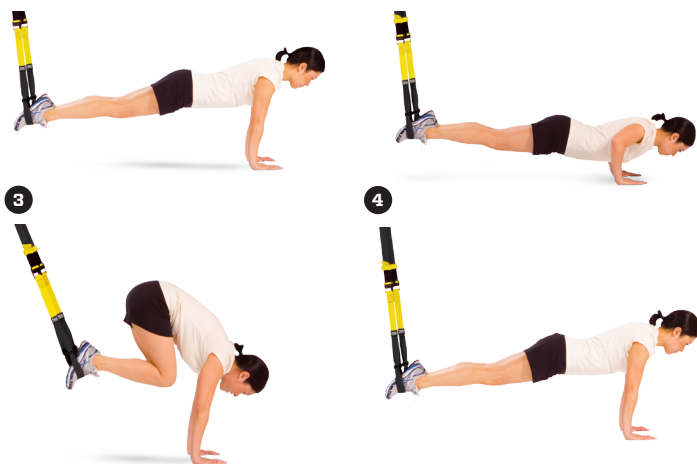
ADJUSTMENT: MC

BENEFITS:

The suspended environment strengthens and integrates stability and mobility of the push-up.

TIP:

Keep the tailbone lifted and core engaged to maintain body alignment and avoid dropping or sagging in the back and hips.



TRX Atomic Push-Up

ADJUSTMENT: MC

BENEFITS:

This combination is a high intensity full body exercise.

TIP:

Drive tailbone up and bring knees into chest.

Upper Body Exercises



TRX Mid Row

ADJUSTMENT: S

BENEFITS:

Strengthens back muscles in a different position than the “high” or “low” row versions for complete strength development.

TIP:

Draw shoulder blades in close together without shrugging shoulders.



TRX Low Row

ADJUSTMENT: S

BENEFITS:

Strengthens back and arms in their strongest pulling position.

TIP:

Start in a deep body angle and initiate the pull with back, not arm.

Core Exercises



TRX Plank

(on Hands)

ADJUSTMENT: MC

BENEFITS:

Builds strength and endurance in the shoulders and core.

TIP:

Keep shoulders pulled back and core engaged to keep back from sagging.



TRX Crunch

(on Elbows)

ADJUSTMENT: MC

BENEFITS:

Strengthens core and lower body with a cardiovascular challenge as tempo and repetitions increase.

TIP:

Contract abdominals and lift hips slightly for a full knee tuck.



TRX Oblique Crunch

ADJUSTMENT: MC

BENEFITS:

Integrates chest and shoulder stability with dynamic core movement.

TIP:

Move in a controlled manner when drawing knees toward elbows to fully engage core.

Core Exercises



TRX Pike

ADJUSTMENT: MC

BENEFITS:

This intense move requires upper body and core stabilization to strengthen abdominals and shoulders.

TIP:

Keep pike strong by activating quadriceps and avoiding bending knees.



TRX Mountain Climber

ADJUSTMENT: MC

BENEFITS:

Integrates core strength with hip mobility.

TIP:

Keep even tension on each of the foot cradles.