

## TRX Workout

Warm up off strap: 10 Alternating Knee Hugs - 10 Squats - 10 Jumping Jacks - 10 Arm Circles each way - 5 Forward/Rear Lunges each leg - Complete 3x

Complete the following for 3 rounds, set a timer for the following intervals:

Round One: 30 seconds work/10 seconds rest

Round Two: 45 seconds work/15-20 seconds rest

Round Three: 60 seconds work/30 seconds rest

Strap adjustment can stay at mid-calf to accommodate all these exercises without the hassle of numerous changes (if you know the adjustments for these exercises, you can make them).

- TRX Chest Press
- TRX Sprinter Start (R)
- TRX Sprinter Start (L)
- TRX Standing Rollout to TRX Tricep Press
- TRX Bicep Curl
- TRX Row
- TRX Squat Jumps

Rest 2 minutes

Burnout Finisher: Complete 30 seconds of each exercise with no rest between each - just transition time for 1-3 total sets with 1-2 minute rest between sets (30 seconds - 1 minute if more conditioned). Strap adjustment will be mid-calf.

- TRX Crunch
- TRX Mt. Climbers
- TRX Side Plank Hold (R)
- TRX Side Plank Hold (L)

Cool Down: Walk around till heart rate comes down - work through some stretches, holding at least 20 seconds each. Figure four (each leg), arm circles each way, shoulder rolls back, chin to chest, wrist rotations each way, runners lunge each leg...etc.

Focus on your form and breathing, rest and drink water when you need to.