



TRX workout

Watch TRX Intro Video on YouTube Channel No Bad Days

Follow video tutorials before attempting workout

Warmup- Depends on Space Available (Assuming Home Workout)

30 sec Jumping Jacks 10 sec Rest Repeat 2x
30 sec Arm circles forward 10 sec Rest Repeat Arm Circles Backward
30 sec Alternating Lunges 10 sec Rest Repeat 2x
30 sec Body Weight Squat 10 sec Rest Repeat 2x
30 sec Imaginary Line Hops front to back over line 10 sec Rest Repeat 2x
30 sec Imaginary Line Hops side to side over line 10 sec Rest Repeat 2x

Round #1 *Complete each section 2x*

TRX squat rows 30 seconds
TRX tricep workout 30 seconds
TRX balance lunge right 30 seconds
TRX balance lunge left 30 seconds

2 minute rest

Round #2 *Complete each section 2x*

TRX chest press 30 seconds
TRX front squats 30 seconds
TRX power pulls right 30 seconds
TRX power pulls left 30 seconds

2 minute rest

Round #3-Core *Complete each section 3x*

TRX mountain climber 30 sec
TRX crunches with side to side 30 sec
Rest 1 min
Repeat