

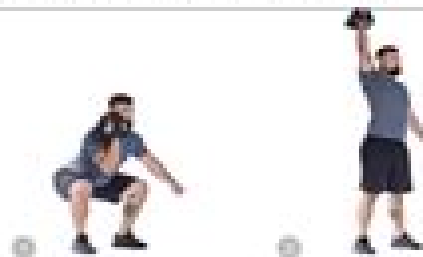
## ROUND 1

### 1.1 TRX KNEELING ROLLOUT



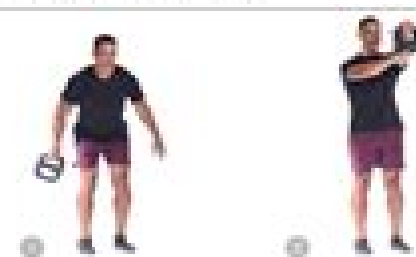
- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

### 1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab Ybell with a center grip, resting Ybell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degrees.
- Drive through the floor to return to a standing position, pressing Ybell overhead.

### 1.3 YBELL ALTERNATING SWING



- Stand with Ybell at wrist's length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the Ybell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

## ROUND 2

### 2.1 YBELL ALTERNATING RENEGADE ROW



- With a top grip position on the Ybell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return Ybell to the ground and repeat on the opposite side.

### 2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

### 2.3 YBELL REVERSE LUNGE



- Standing tall, grab Ybell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

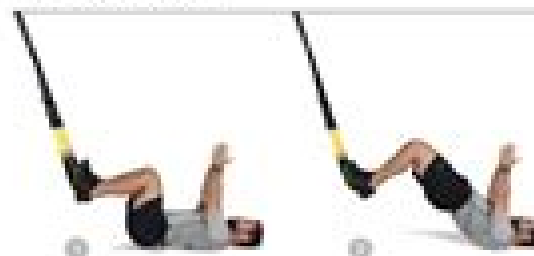
## ROUND 3

### 3.1 TRX SINGLE LEG SQUAT



- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

### 3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90-degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips/back down to the starting position.

### 3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

# How To Guide Trx Exercises

**D Kirk**

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**The Nine Essential Guides to Your Wellness Journey Body Mind Spirit**, 2024-10-31 The Nine Essential Guides to Your Wellness Journey Body Mind Spirit Discover the keys to a healthier more vibrant life with The Nine Essential Guides to Your Wellness Journey by Nikky Rich This 9 in 1 book offers a holistic approach to well being focusing on the body mind and spirit Whether you re beginning your wellness journey or seeking to deepen your practice these guides provide practical steps insightful tips and inspiring advice to help you flourish From mindful nutrition and physical health to emotional resilience and spiritual growth each book within this collection empowers you to make lasting changes Nikky Rich shares the tools and insights needed to create sustainable habits helping readers nurture every part of their lives Wellness is about more than physical fitness it s about cultivating harmony between your inner and outer world This comprehensive guide shows how to unlock balance vitality and personal fulfillment by embracing wellness as a way of life Start your journey today and discover how each small step leads to lasting transformation Because true wellness isn t a destination it s a lifestyle

Abs Revealed Jonathan Ross, 2010-09-30 Chiseled abs a defined midsection and a powerful core require more than sit ups crunches and the latest miracle diet To achieve true six pack success you re going to need a plan one based on the most effective exercises and sound programming You need Abs Revealed In Abs Revealed award winning personal trainer Jonathan Ross provides a complete program for strengthening sculpting and maintaining your midsection More than a collection of exercises Abs Revealed shows you how to fire your ab muscles regardless of your current fitness level identify your goals and develop a personalized workout program to fit your schedule with progressions built in for quick and clear results This results oriented step by step guide also includes more than 60 core exercises ready to use workout plans and advice on integrating abdominal development into cardio and strength routines Moreover you ll discover strategies for applying the latest research on diet and nutrition to enhance and maintain muscle definition and tone throughout the year If you re tired of doing endless crunches with limited results let Abs Revealed show you a better way With proven plans and personalized programming it s your step by step guide to six pack success

The Complete Guide to Personal Training: 2nd Edition Morc Coulson, 2018-09-06 A revised and updated second edition of the popular Complete Guide to Personal Training Expertly written and suitable for anyone working as or training to be a Personal Trainer This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients This guide contains practical tips for designing a range of appropriate client exercise programmes Importantly it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd It includes The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques Nutrition Health and safety Setting up marketing and growing a successful business The book also includes all Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the

Qualifications Framework relating to personal training and has been awarded 3 CPD points by the Register of Exercise professionals

*Suspended Bodyweight Training* Kenneth Leung, 2015-02-03 A STEP BY STEP GUIDE TO GETTING AT HOME OR IN THE GYM A TONED AND MUSCULAR BODY WITH THE POPULAR SUSPENSION TRAINING SYSTEM All you need to develop long strong muscles and a fit slender physique is this comprehensive guide and your suspended bodyweight trainer Forget bulky machines and heavy weights these functional training workouts will unleash the full potential of any suspended bodyweight training system You will simultaneously tone and shape your entire body for Washboard Abs Carved Back Sculpted Shoulders Chiseled Chest Ripped Arms Firm Glutes Powerful Legs Packed with hundreds of step by step photos clearly explained exercises and progressive training programs for all levels of fitness this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting edge approach to total body fitness

**The Complete Guide to Training with Free Weights** Graeme Marsh, 2014-09-05 A key title in the successful Complete Guides series this is the definitive text on using free weights for strength conditioning and flexibility training Free weights are the simplest and most effective pieces of equipment and are found in every gym and many homes The benefits of their use as opposed to fixed weight machines are becoming increasingly appreciated in the fitness industry and include Saving money on gym membership with home workouts A wider range of exercises Exercises working more muscles than fixed machines for a quicker workout Avoiding over training single muscle groups which can lead to strength imbalances Better co ordination and core stability In addition to a variety of exercises the book also contains sample programmes tips on technique and exercises for specific sports ages and body types

*Workout Programs for Fitness Bodyweight Suspension Training* , 2023-12-15 A step by step guide to using TRX Lifeline and other suspension training equipment to get a toned and muscular body both in the gym and at home All you need to develop long strong muscles and a fit slender physique is this comprehensive guide and your suspended bodyweight trainer Forget bulky machines and heavy weights these functional training workouts will unleash the full potential of any suspended bodyweight training system You will simultaneously tone and shape your entire body for Washboard Abs Carved Back Sculpted Shoulders Chiseled Chest Ripped Arms Firm Glutes Powerful Legs Packed with hundreds of step by step photos clearly explained exercises and progressive training programs for all levels of fitness this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting edge approach to total body fitness

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**Optimizing Player Health, Recovery, and Performance in Basketball, volume II** Davide Ferioli, Aaron T. Scanlan, Daniele Conte,2025-03-19 This Research Topic is the second volume of the article collection Optimizing Player Health Recovery and Performance in Basketball Please see the first volume here In line

with the first volume basketball is a popular team sport played all over the world by male and female players participating in various competitions As the game continues to evolve there are new challenges and opportunities being faced by teams Consequently basketball organizations constantly seek competitive advantages that optimize the health recovery and performance of players through various practices The growing body of basketball research provides an essential evidence base for basketball organizations to draw upon when implementing different practices As such it is important that sound basketball research with strong practical translation is produced on topics relevant to player health recovery and performance In this regard examination of coaching training testing monitoring nutrition recovery injury prevention psychological performance analysis and sleep strategies as well as technological innovations that can improve the existing understanding and practices in basketball would prove advantageous for basketball coaches high performance staff and players alike

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Client-Centered Exercise Prescription, 3E Griffin, John,2014-12-13 Client Centered Exercise Prescription Third Edition expands the role of the fitness professional from simple exercise prescription to include activity counseling design modification exercise demonstration functionally integrated exercise injury prevention and follow up monitoring for a variety of clients Central to the book are seven client centered models for each major fitness component that serve as a template of options for each decision in the prescription process activity counseling musculoskeletal exercise design exercise demonstration cardiovascular exercise prescription resistance training prescription muscle balance and flexibility prescription and weight management prescription The text explains the vital role that functionally integrated exercise plays in improving performance and maintaining musculoskeletal health and teaches how to recognize muscle imbalance and prevent complications

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