

# FOUNDATIONAL MOVEMENT

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BASIC TRX MOVEMENT

PROGRESSION



PLANK

TRX PLANK



TRX BODY SAW



PULL

TRX LOW ROW



TRX Y FLY



PUSH

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TRX PUSH UP



SQUAT

TRX SQUAT



TRX JUMP SQUAT



LUNGE

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TRX LUNGE



ROTATE

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HINGE

TRX HINGE  
(FACING ANCHOR)



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# General Trx Set Up Manual Motion Concepts

**Puja Mehta**

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

## **General Trx Set Up Manual Motion Concepts:**

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