

FOUNDATIONAL MOVEMENT

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BASIC TRX MOVEMENT

PROGRESSION



PLANK

TRX PLANK



TRX BODY SAW



PULL

TRX LOW ROW



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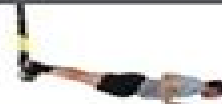


PUSH

TRX CHEST PRESS



TRX PUSH UP



SQUAT

TRX SQUAT



TRX JUMP SQUAT



LUNGE

TRX STEP BACK LUNGE



TRX LUNGE



ROTATE

TRX WARD



TRX POWER PULL



HINGE

TRX HINGE
(FACING ANCHOR)



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General Trx Set Up Manual Motion Concepts

Lauren Gardner



General Trx Set Up Manual Motion Concepts:

The Enigmatic Realm of **General Trx Set Up Manual Motion Concepts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **General Trx Set Up Manual Motion Concepts** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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