

FOUNDATIONAL MOVEMENT

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BASIC TRX MOVEMENT

PROGRESSION



PLANK

TRX PLANK



TRX BODY SAW



PULL

TRX LOW ROW



TRX Y FLY

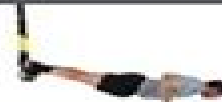


PUSH

TRX CHEST PRESS



TRX PUSH UP



SQUAT

TRX SQUAT



TRX JUMP SQUAT



LUNGE

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TRX LUNGE



ROTATE

TRX WARD



TRX POWER PULL



HINGE

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TRX HINGE
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General Trx Set Up Manual Motion Concepts

JG Myers



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