

# Travel: TRX



Here's your moves. Just six, that's it. You've got this!

TRX  
hamstring  
curl  
**A**

TRX  
pull up  
**B**

TRX  
split squat  
**C**

TRX  
fallout  
**D**

TRX side  
plank  
**E**

TRX chest  
press  
**F**

Complete each exercise in alphabetical order.

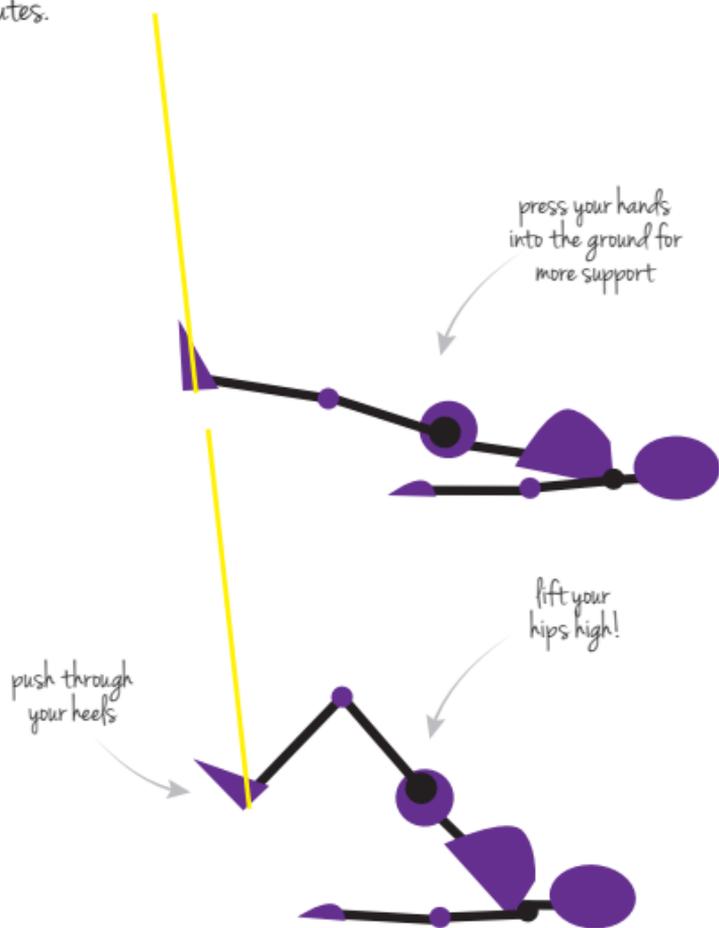
If you're short on time (30 min) perform 2 sets of 16-20 reps

If you have more time (45 min) perform 3 sets of 11-15 reps

Read on for exercise instructions, tips and modifications!

# TRX hamstring curl:

A TRX hamstring curl uses a suspension trainer to strengthen your hamstrings and glutes.



Start by lying on a mat with your heels secured in TRX loops. Lift your hips off the ground until only your head neck and shoulders are on the mat.

Bring your heels in towards your glutes, then extend back out. Repeat for prescribed reps.

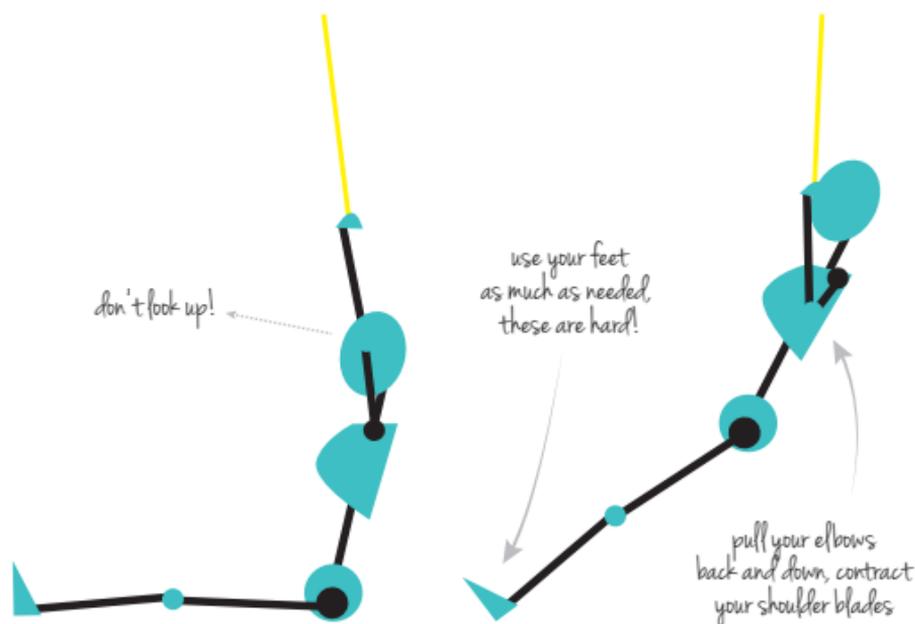
## modifications:

**Easier?** Instead of bringing your heels in towards your glutes, your reps can be simply lifting your hips up and down.

**Harder?** Flip your hands over so you cannot push into the ground, or extend them overhead. You can also try using just one heel (place one heel in BOTH straps).

# TRX pull up:

A TRX pull up uses a suspension trainer and gravity to strengthen your back.



Start by sitting underneath a TRX anchor with your legs extended in front of you. You will need to shorten the straps enough so that there is no slack above you when arms are extended up.

Hold the handles with an overhand grip. Pull with your back and biceps to lift your body off the ground. Keep your feet on the ground and use your legs as needed for an extra boost. Let yourself come back down and repeat for prescribed reps.

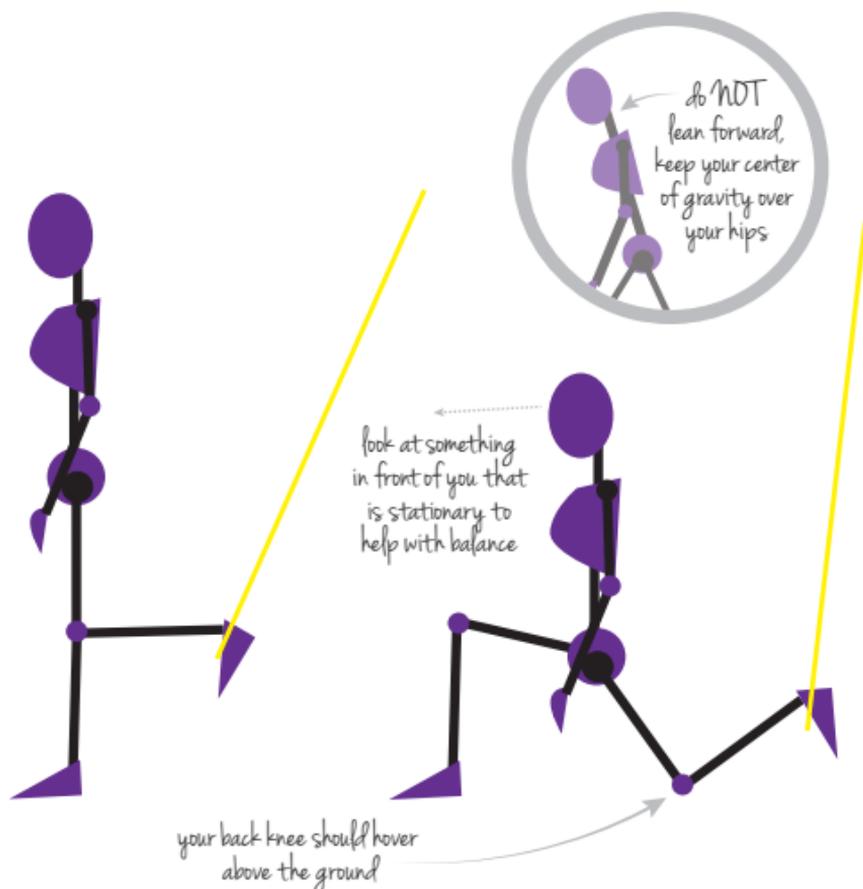
## modifications:

**Easier?** Plant your whole foot on the ground rather than just your heels. Even easier? Perform a standard TRX row.

**Harder?** Support yourself with only one leg at a time, or try not to use your legs at all!

# TRX split squat:

A TRX split squat uses a suspension trainer to really work your quads. It is similar to a lunge but challenges your balance and mobility even more.



Start by standing facing away from a TRX anchor. Place one foot in the TRX strap. Focus your weight onto your planted foot.

Bend both knees to lower your body to the ground. Try to lower your back knee as much as you can. Push through your front foot and come back up to the starting position.

## modifications:

*Easier?* Perform static lunges without a TRX.

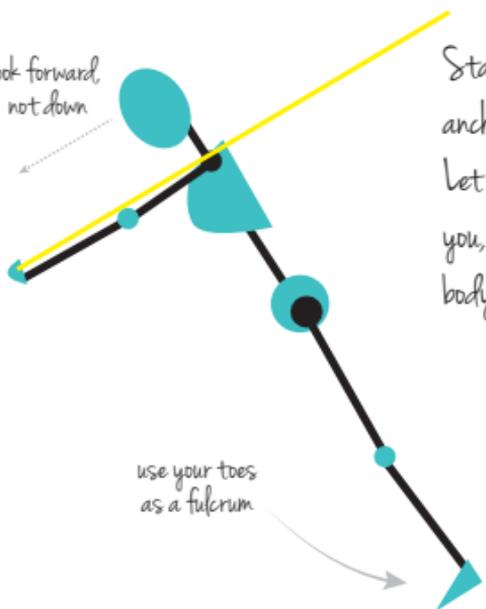
*Harder?* Pause at the bottom of the movement.

Keep challenging your flexibility with each rep!

# TRX fallout:

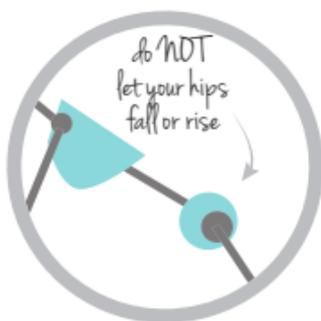
A TRX chest press uses a suspension trainer to really challenge your shoulder mobility and strength. Don't be shocked when your abs are sore too!

look forward,  
not down

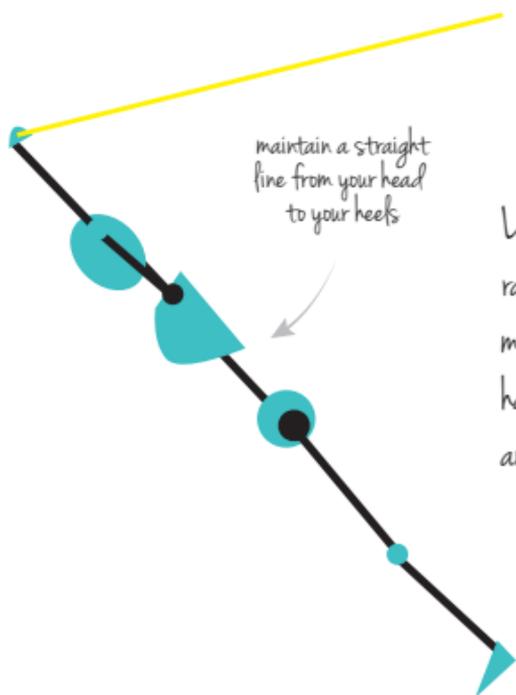


Start by facing away from a TRX anchor with a handle in each hand. Let your arms extend out in front of you, at a 90 degree angle to your body.

use your toes  
as a fulcrum



maintain a straight  
line from your head  
to your heels



Let your body fall forward as you raise your hands overhead. Try to make a straight line. Drop your hands back to the starting position and repeat for prescribed reps.

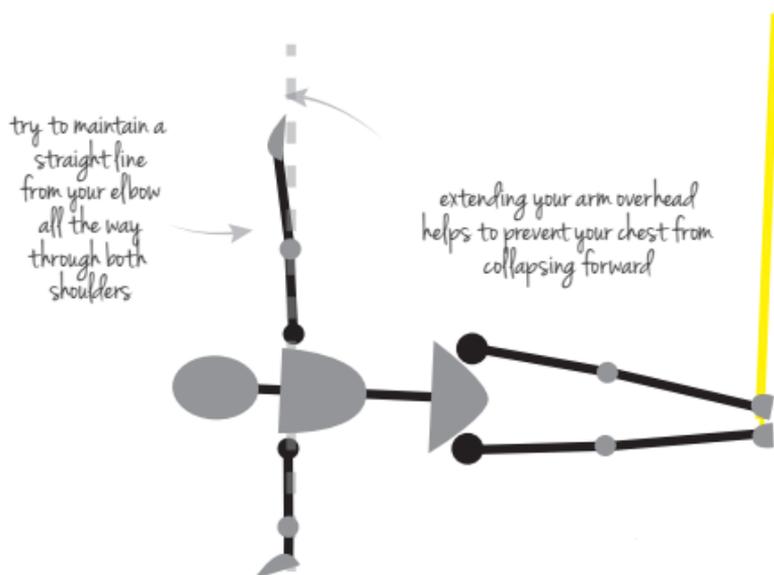
## modifications:

**Easier?** Stand farther away from the anchor point.

**Harder?** Walk your feet closer to the anchor point or stand on a Bosu ball.

# TRX side plank:

TRX side plank is a harder version of a regular side plank because you become more unstable from the suspension trainer.



Start with a TRX that has been adjusted so the handles are about knee height off the ground. Set up by laying on your side and placing one foot in each handle of the TRX.

Keeping your shoulder stacked over your elbow, rise up onto your elbow. Maintain a straight line from your head to your feet. Hold the position for prescribed time.

## notes on time:

2 sets: hold for at least 90 sec

3 sets: hold for 60-90 sec

4 sets: hold for 30-60 sec

5 sets: hold for 15-30 sec

## modifications:

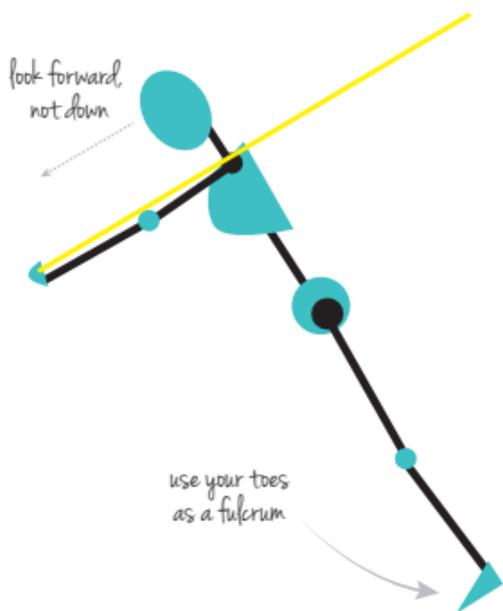
Easier? Perform a regular side plank.

Harder? Put your lower foot in both handles and raise your top foot!

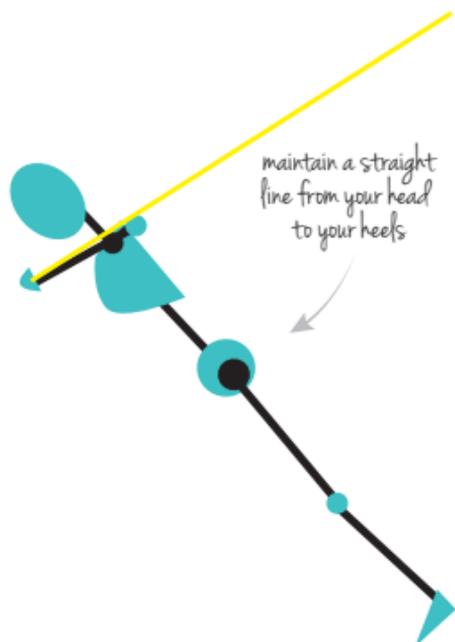
Make sure to keep your shoulders strong. Do not let your shoulder "sag" and collapse under you.

# TRX chest press:

A TRX chest press is almost like a "mid-air" pushup, except your hands are supported by the TRX handles.



Start by facing away from a TRX anchor with a handle in each hand. Let your arms extend out in front of you, at a 90 degree angle to your body.



Let your body fall forward as you bring your hands in to your armpits. Push back up to the beginning position and repeat for prescribed reps.

## modifications:

**Easier?** Stand farther away from the anchor point.

**Harder?** Walk your feet closer to the anchor point, stand on a Bosu ball, or try keeping just one foot on the ground!