



TOTAL BODY WORKOUT

30 MIN

HOW TO USE YOUR MOBILE GUIDE

DASHBOARD

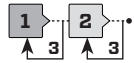
Workout overview.

ROUNDS

Your exercises are organized into rounds.

TRX ARMS AND SHOULDERS WORKOUT

15 MIN

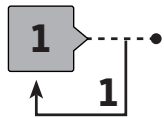


1	TRX BICEPS CURL	10 REPS	15 SEC REST
	TRX TRICEPS PRESS	10 REPS	15 SEC REST
	TRX Y FLY	15 REPS	15 SEC REST
2	TRX CLUTCH CURL	10 REPS	15 SEC REST
	TRX TRICEPS PRESS REVERSE GRIP	10 REPS	15 SEC REST
	TRX W FLY	15 REPS	15 SEC REST

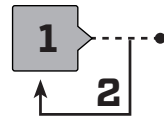
SETS

Indicates the number of times to perform each round.

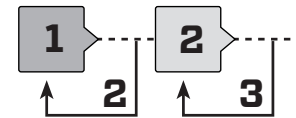
HOW TO PERFORM THE WORKOUTS



Perform each exercise in Round 1 in succession for one set.



Perform each exercise in Round 1 in succession and repeat for two sets.



Perform each exercise in Round 1 in succession for two sets, then perform each exercise in Round 2 in succession for three sets.

TRX TOTAL BODY WORKOUT

30 MIN 

1	TRX LOW ROW	20 REPS	30 SEC REST
	TRX TRICEPS PRESS	20 REPS	30 SEC REST
	TRX CYCLE JUMP	40 REPS	30 SEC REST
	TRX BICEPS CURL	20 REPS	30 SEC REST
	TRX Y FLY	20 REPS	30 SEC REST
	TRX SQUAT	30 REPS	30 SEC REST
	TRX CHEST PRESS	20 REPS	30 SEC REST

1	TRX MOUNTAIN CLIMBER	30 REPS	30 SEC REST
	TRX LUNGE	30 REPS EACH LEG	30 SEC REST
	TRX HIP PRESS	20 REPS	30 SEC REST
	TRX HAMSTRING CURL	20 REPS	30 SEC REST
	TRX CRUNCH	20 REPS	30 SEC REST
	TRX SIDE PLANK	60 SEC EACH SIDE	30 SEC REST
	TRX CHEST STRETCH	60 SEC	30 SEC REST
	TRX HALF-KNEELING HIP FLEXOR STRETCH	60 SEC EACH SIDE	30 SEC REST
	TRX LOW BACK STRETCH	60 SEC EACH SIDE	30 SEC REST

TRX LOW ROW

- > Face the door with your elbows positioned under your shoulders.
- > Lower your body down by straightening both arms.
- > Pull up to return, keeping your upper arms close to your sides.



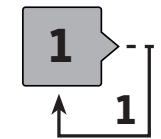
20 REPS

30 SEC REST

To view the workout visit [TRXtraining.com/mylocker](https://www.trxtraining.com/mylocker)

TRX

TRX TRICEPS PRESS



- > Face away from the door with your arms straight.
- > Lower your body down by bending your elbows.
- > Press up to return.



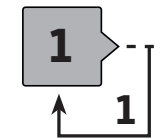
20 REPS

30 SEC REST

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TRX

TRX CYCLE JUMP



- > Face the door with your front and back leg bent at 90 degrees.
- > Jump up, simultaneously switching legs.
- > Drop back into start position, keeping the rear knee off the ground.



40 REPS

30 SEC REST

To view the workout visit [TRXtraining.com/mylocker](https://www.trxtraining.com/mylocker)

TRX

TRX BICEPS CURL

- > Face the door with your elbows bent.
- > Lower your body down by straightening both arms.
- > Pull up to return.

20 REPS

30 SEC REST

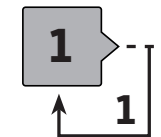


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TRX

TRX Y FLY

- > Face the door with your arms over your shoulders in a 'Y' position.
- > Lower your body down while keeping your arms straight.
- > Pull up to return.



20 REPS

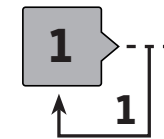
30 SEC REST

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TRX

TRX SQUAT

- > Face the door with your feet about shoulder width apart.
- > Lower your hips down and back.
- > Stand up to return.



30 REPS

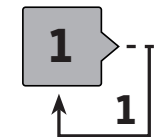
30 SEC REST

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TRX

TRX CHEST PRESS

- > Face away from the door with your arms straight.
- > Lower your body down by bending your arms.
- > Press up to return.



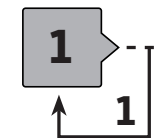
20 REPS

30 SEC REST

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TRX

TRX MOUNTAIN CLIMBER



- > Face away from the door on your hands.
- > Pull one knee towards your chest, while keeping the other leg straight.
- > Straighten the bent leg and repeat on the other side.



30 REPS

30 SEC REST

To view the workout visit [TRXtraining.com/mylocker](https://www.trxtraining.com/mylocker)

TRX

TRX LUNGE

- > Face away from the door with one foot in both foot cradles.
- > Push your suspended knee back until your front knee is at 90 degrees.
- > Press up to return.



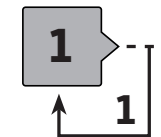
30 REPS EACH LEG

30 SEC REST

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TRX

TRX HIP PRESS



- > Face the door on your back with your knees over your hips.
- > Lift your hips up by pressing your heels down.
- > Lower hips to return.



20 REPS

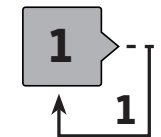
30 SEC REST

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TRX

TRX HAMSTRING CURL

- > Face the door on your back and lift up your hips.
- > Pull your knees over your hips while pressing your heels down.
- > Straighten legs to return, keeping your hips up.



20 REPS

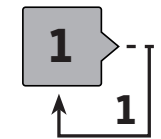
30 SEC REST

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TRX

TRX CRUNCH

- > Face away from the door on your hands.
- > Pull your knees towards your chest.
- > Straighten legs to return.



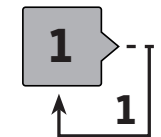
20 REPS

30 SEC REST

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TRX

TRX SIDE PLANK



- > Lie on your side with the heel of your top foot touching the toe of your bottom foot.
- > Lift your hip up, keeping your shoulders over your hand.
- > Lower hip to the ground to return.



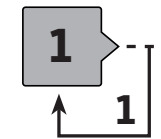
60 SEC EACH SIDE

30 SEC REST

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TRX

TRX CHEST STRETCH



- > Face away from the door with your arms in a 'T' position.
- > Step one foot forward and bend your front knee while keeping your back leg straight.
- > Keep the tension on the straps and step back to return.



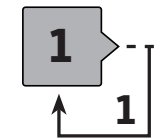
60 SEC

30 SEC REST

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TRX

TRX HALF-KNEELING HIP FLEXOR STRETCH



- > Face away from the door in a half-kneeling position with your arms in a 'T' position.
- > Shift your hips forward, keeping your body tall.
- > Shift your hips back to return.



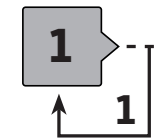
60 SEC EACH SIDE

30 SEC REST

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TRX

TRX LOW BACK STRETCH



- > Face the door with your arms straight and your knees slightly bent.
- > Lower your hips down and back.
- > Lift hips up to return.



60 SEC EACH SIDE

30 SEC REST

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TRX

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TRX