



North America's #1
College for Fitness
Professionals

TRX Workout

Warm-up:

- 5 minutes of light cardio (e.g., jogging, jumping jacks, or skipping)
- Dynamic stretching for the upper body, lower body, and core

Work-out: Circuit 1

1. TRX Rows (10-12 reps)



Start with arms extended in front of you, feet hip-distance apart, and lean back until the trainer holds you upright. Keep core engaged and shoulders back. Pull yourself up towards the handles, squeezing shoulder blades together, and exhale. Hold for a second, then lower yourself down slowly. Repeat for a full set. Adjust difficulty by changing your body angle.

2. TRX Push-Ups (10-12 reps)



Secure the TRX, adjust the straps to mid-shin level, and get into a push-up plank position. Lower yourself down until your chest is parallel to the straps, and then push up and away from the handles to return to your starting position. Keep your abs engaged throughout the movement for maximum effectiveness.

3. TRX Squats (10-12 reps)



Stand next to the TRX with feet shoulder-width apart and grasp the handles, ensuring they are parallel in length. Next, face the anchor and drop down into a squat position with your knees at a 90-degree bend. As you descend, your arms should naturally extend. It's important to push through your heels to come back up and maintain an upright position, avoiding leaning back into the squat to prevent it from turning into an upper body row.

Rest for 60 seconds, then repeat the circuit 2-3 times.

Work-out: Circuit 2

1. TRX Bicep Curls (10-12 reps)



Walk your feet towards the anchor point while keeping your core tight, which will place your body slightly leaned back with tension on the TRX straps. Start with your elbows bent higher than your shoulders, palms facing you, and handles towards your forehead. Maintain a strong plank position and slowly lower your body back towards the floor until your arms are straight. Then, bend your arms with control and curl yourself towards the handles to the starting position.

2. TRX Tricep Extensions (10-12 reps)



Grab the handles and stand facing away from the anchor point, step forward until all slack is removed from the suspension straps, and assume a split stance position. With your core tight and elbows pointed forward, exhale and extend your elbows, pressing your body away from your arms while maintaining a straight body position. Inhale and slowly lower your body to the starting position. Repeat for a determined amount of repetitions, avoiding sagging or arching your low back/hips.

3. TRX Lunges (10-12 reps per leg)



Hold a handle in each hand and step away from the anchor until the bands are in line with your forearms. Your feet should be about shoulder-width apart and your arms should be at the sides of your body with a 90-degree bend in the elbow. Step backwards with one leg so that you create a 90-degree angle in the front and rear knees. As you perform the movement, your arms will elevate and elbows will extend. Return to the starting position and repeat on the same leg. Switch legs once you have completed your reps.

Rest for 60 seconds, repeat the circuit 2-3 times.

Work-out: Circuit 3

1. TRX Plank (30-60 seconds)



Hook the TRX cables so that they hang about 6 inches off the ground. Place your feet in the stirrups so that the tops of your feet are facing downwards. Get down on your forearms and make your body into a straight line parallel to the floor. Hold this position for the desired amount of time. The TRX Plank engages multiple muscle groups and challenges your balance, making it a great addition to your workout routine.

2. TRX Mountain Climbers (30-60 seconds)



Hang the TRX straps so that they are about 6 inches off the floor. Place your feet in the stirrups so that the tops of your feet are facing towards the floor. Place your hands on the ground and make your body into a straight line. Bring your right knee towards your chest and then bring it back out as you bring your left knee in. Alternate back and forth for the desired amount of repetitions. The TRX Mountain Climber is a challenging exercise that engages multiple muscle groups and helps to improve your cardiorespiratory fitness.

3. TRX Pike (10-12 reps)



With your feet in a TRX, get into a plank position and come up onto your hands while maintaining the plank position, then back down to the elbows. Once back at your elbows, raise your hips up with your legs straight. This exercise targets your core, arms, and shoulders while also improving your balance and stability.

Rest for 60 seconds, then repeat the circuit 2-3 times.

Cool-down:

- Static stretching for the upper body, lower body, and core
- 5 minutes of light cardio (e.g., walking, cycling, or stretching)

Note: Adjust the number of reps and sets based on your fitness level and ability. It's important to maintain proper form throughout the workout to avoid injury. If you're unsure about any of the exercises, please consult with Infofit.

Note: Remember, your safety and well-being are of utmost importance when engaging in physical activity. Don't hesitate to consult with Infofit for expert advice and support to ensure that you can exercise with confidence and achieve your fitness goals.