

2 Day TRX Workout (Upper & Lower Body)

Day 1 - Lower Body & Core

This is for that individual who wants to venture into TRX & wants a great full body workout in the process.

Beginners - 10 Repititions/4 Rounds/30 Seconds Rest

Intermediate - 20 Repititions/4 Rounds/45 Seconds Rest






Advanced - 30 Repititions/4 Rounds/30 Seconds Rest

For alternative exercises that work the same area or to help hit target rep ranges, please speak to a member of the fitness team

Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

Weights Workout

Exercise	Notes	Notes
TRX Squat		Stand with your feet shoulder width apart, torso upright, head up and looking forward. Grasp the trx handles, your elbows should be at 90 degrees. From here you will squat down keeping your heels on the floor and your knees behind your toes. To place the dominance on the legs, keep your arms at a 90 degree angle. Once you are as low as you can go, come back up and repeat.
TRX Lunges		Stand with one leg in front of the other, torso upright, head up and looking forward. Place your back foot in one TRX handle. With now only one Leg on the floor you are going to bend your front leg allowing the suspended leg to get as close to the floor as possible and return to starting position. Please make sure to swap legs so they both get evenly worked.
Pistol Squat		Stand with feet shoulder width apart. Grasp the handles and lean back slightly. Raise one foot a few inches off the floor and squat down, go as low as you can and return to the start. At halfway swap legs.
Jack Knife		Place both feet into the TRX handles and walk the hands out till you are in flat press up position. From here you are going to tuck and bring both knees as close into the chest as possible and returning them back to the starting position. Engage your core by sucking your belly button in.
Mountain Climbers		Adopt the same position as above. This time instead of bringing both knees in, you are going to bring each leg in seperately, right leg to left shoulder and left leg to right shoulder. Complete this as smoothly as possible.

Always ensure to warm up and cool down with stretches at the end of every session.

If you have any medical concerns please consult a member of the fitness team prior to trying the programme.

2 Day TRX Workout (Upper & Lower Body)

Day 2 - Upper Body & Core

This is for that individual who wants to venture into TRX & wants a great full body workout in the process.

Beginners - 10 Repititions/4 Rounds/30 Seconds Rest

Intermediate - 20 Repititions/4 Rounds/45 Seconds Rest


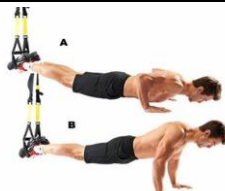



Advanced - 30 Repititions/4 Rounds/30 Seconds Rest

For alternative exercises that work the same area or to help hit target rep ranges, please speak to a member of the fitness team

Warm Up / Cardiovascular Workout

Cardiovascular workout - 20-30 mins in total / time is split between 1-2 machines - Work to the suitable levels depending on your fitness

Weights Workout

Exercise	Notes	Notes
TRX Row		Grasp both TRX handles and walk your feet forward so until you can feel the weight of your own body. From here simply let yourself go back until your arms are straight and then pull yourself to a near standing position and return. Remember to keep your elbows in, pinch your shoulder blades and keep the head up and shoulders back.
TRX Push Up		Just like for the jack knife and mountain climbers adopt the same position with both feet suspended off the floor. This time you are going to perform a traditional push up. Keeping the body nice and flat, hands shoulder width apart and below your chest and elbows in. Get as low as you can and return to starting position.
TRX Body Twists		Adopt the same position as on TRX Rows except this time with arms straight you are going to take one hand off the handles and twist, opening up the body and reach for the floor. Once you are fully rotated, return to starting position and repeat.
Tricep Extension		Stand facing away from the TRX grasp both handles so they infront of your face with your arms straight. From this position let your head go towards your hands by rocking onto your toes. You should end up with the backs of your hands just above your head with elbows bent and kept in towards the body, once here return to starting position in a controlled manor and repeat.
Bicep Curls		Adopt same position as TRX rows but with an underhand grip of the TRX and palms facing up. The aim here is with all your body under suspension and arms straight you want to bring your hands towards your face by bending the elbow and using the biceps. Keep the elbows in and try to not use your back to help.

Always ensure to warm up and cool down with stretches at the end of every session.

If you have any medical concerns please consult a member of the fitness team prior to trying the programme.