WORKOUT SESSION PRESENTATION OUTLINE GUIDELINE

TRX: Body Blast
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Warm Up and Intro: 75
-introduce self, background teaching and session workout

Introduce TRX Suspension Trainers: 10min
- Lengths (adjusting straps)
- Modifications and Progressions
- Proper Form
- anchor point
- handle modes
- feet in straps position

Warm-Up: 10min
- Squats, rows,
- Squat & Row,
- Side lunges, forward lunges into T’s and Y’s,
- golf swings,
- standing roll-out,
- hip-hinges

Work-Out: 40min
- Squat series:
  - Regular squat
  - polymetric squat
  - squat pulses
  - single leg squats
  - polymetric single leg squat
- Chest Press: 2X’s
  - 2 count presses
  - Single count
- Repeat Squat Series
- Rows: 2X’s
  - High Row
    - 2 count rows
    - Single count
  - Low Row
    - 2 count row
    - Single Count
- Lunge Series:
  - Single leg lung (facing anchor point): Right and Left
  - Switching hop lunges
  - 1 legged lunges: Right and Left
  - Curtsy lunges: Right and Left
- Biceps:
  - Bicep curls
    - 2count
    - Singles
• Deltoid “Y”
  o 2 count
  o Singles
• Standing Roll-out
  o 2 count
  o Singles
• Tricep Dips
  o 2 count
  o Singles
• Front Squat
  o Add plyometric
• Sprinter Start
  o Add plyometric
• Repeat Chest Press
• Side lunge (foot in strap)
  o Add plyometric
• Single leg lunge (away from anchor point & foot in strap): Right and Left
  o Add plyometric
• Repeat Upper body Series:
  o Bicep
  o Deltoid “Y”
  o Roll-out
  o Triceps
• Hamstring Curls (on floor)
• Ab Roll Up
• Hip Press
• Ab Roll up twist Right and Left
• Plank
• Side Planks: Right and Left
• Trx Crunch: Center and the alternate right and left
  o 2X
• Mountain Climber
• Pike
• Atomic Push Up: Pike and push ups

Cool-down: 15 min
• Lower Back TRX Hang: Center, Right and Left
• Lunge extending the arms to “T” and “I”
• Upper Back TRX Hang
• Hip Hinges
• Cross leg sit: Right and Left
• Hamstring stretch: Right and Left (foot in the strap)