TRX Body Sculpt

**Introduction:** The TRX Suspension Trainer provides individuals with the unique experience of using their body as their machine. People of all fitness levels can use this piece of equipment due to its versatility. This is a light weight, highly portable piece of equipment that increases muscular strength, muscular endurance, core strength, and flexibility. Unlike traditional weight lifting, the TRX requires you to use your core, as well as stabilizer muscles throughout the duration of each exercise.

The TRX can be used by simply attaching it to an anchoring point. These anchoring points can be things such as squat-racks, pull up bars, or anchoring solutions provided by TRX. It is important that this piece of equipment is set up properly to ensure it is safe to use.

**Set up:** Attach your TRX to a secure anchor point that is strong enough to support your bodyweight. Suitable anchor points include sturdy beams, weight racks, heavy bag mounts, railings, or TRX specific anchoring solutions such as the X-Mount. The squat rack works perfectly for this. Simply wrap the yellow strap around the bar and clip the strap through the carabineer. Be sure you do not clip it through any of the loops on the yellow strap. These are not strong enough to support the weight of someone using it. They are simply there to make the TRX stronger and more durable.

**How to anchor the TRX:** Clip the main carabineer to the bottom anchor loop of the yellow suspension anchor, just below the black TRX badge. Once anchored the TRX badge should be about 6 feet from the ground. Do NOT clip the main carabineer directly into one of the intermediate anchor loops of the suspension anchor; doing so may weaken the stitching.

To attach the TRX to an anchoring point, wrap the suspension anchor around your anchor point as many times as necessary to ensure that the bottom of the suspension anchor hangs at about 6 ft. off the ground. When the bar is smooth, wrap the suspension anchor around the support several times to prevent lateral sliding.

**Body Positions**
1. Standing facing away from the anchor
2. Standing facing the anchor
3. Sideways to the anchor
4. Ground base, face up
5. Ground base, face down
6. Ground base sideways

**Intensity Principles**
1. Vector Resistance: The steeper the angle the harder the exercise will be.
2. Changing Balance: Changing your stance will change the difficulty of the exercise. Feet wide, one-foot, one foot out to the side, etc.
3. Pendulum Principle: The close to the anchor the easier, the further away the harder the exercise.

**How to shorten or lengthen the TRX:** Some exercises require the TRX handles/foot cradles to be close to the ground. To shorten, hold one strap and depress the buckle on that strap with your thumb and grasp the yellow adjustment tab with your other hand. Press the buckle and push the adjustment tab up along the strap. Repeat with the other strap. To lengthen, simultaneously
depress both buckles and pull downward, away from the anchor point. Make sure that the straps are not twisted before adjusting.

**TRX single handle mode:** To perform single-sided exercises, convert the TRX into single handle mode. We will say that there is a handle “A” and a handle “B”. Hold handle A on top of handle B. Pass handle B through the triangle-shaped webbing of handle A, and switch hands. Repeat by passing handle A through the triangle-shaped webbing of handle B and again switch hands. Pull handle A towards you to lock.

**Modifying exercises on the TRX to make them harder or easier:** To make standing exercises harder by making the angle of your body steeper, or closer to the ground. Simply move your feet closer to the anchor point to increase the challenge, or step your feet away from the anchor to make exercises easier.

By adopting a wider base (feet), you make the exercise easier. To make the exercise more difficult, move your feet together or stand on one foot to increase the difficulty even more. You can also offset your feet by moving one foot slightly forward and supporting some of your body weight with it. The offset stance will provide more stability.

To make floor exercises more difficult, move your position farther away from the anchor point before starting the exercise.

By raising or lowering your center of gravity, you can make exercise easier or harder. You can make most floor exercises, such as the plank more difficult by switching from a forearm position to a hand support position.

**Recommended TRX Length Chart**

**LONG LENGTH:** Fully lengthen the TRX so that the bottom of the foot cradles are about 3” off the ground.

**MID-CALF:** Adjust the TRX so that the bottoms of the foot cradles are at mid-calf level, roughly 8” off the ground.

**MID-LENGTH:** Adjust the TRX to mid-length by positioning the yellow adjustment tabs at the double yellow marks that are sewn midway up the black TRX strap.

**SHORT LENGTH:** Fully shorten the TRX by positioning the yellow adjustment tabs at the upper set of yellow marks on the black TRX strap.

**Using TRX foot cradles**

**Heels:** Sit facing the TRX with the bottom of the foot cradles hanging 8-12 inches above the ground; just above your toes. Grab the foot cradles and roll onto your back, bringing both knees into your chest and place both heels into the foot cradles simultaneously. Straighten your legs and prepare for the supine leg exercises.

**Toes:** Sit facing the TRX with the bottom of the foot cradles hanging 8-12 inches above the ground; just above your toes. Grab the foot cradles and make a “A” frame and lie on your back. Place the foot cradles on the top of your shoes with the handles above your shoe. Cross your right foot over your left foot and roll to your left. You will not be on the ground facing away from your anchor.

**Cueing**

1. **Position:** How is your body positioned relative to the TRX anchor
2. **Movement:** focus on 1 or 2 key coaching points. (For the bicep curl, keep your elbows high and core engaged)
3. **Modification:** If it is too easy or too hard take a step in or out depending on where you are to change the intensity.
Dos and Don’ts when using the TRX
Engage your core and keep your hips and shoulders aligned throughout each movement. Keep tension on the straps at all times. The TRX straps should never go slack during exercises. Do NOT perform sawing motions. This will cause premature wear of the TRX. Keep equal pressure on both handles at all times. Do not allow the straps to rub against your arms. It is uncomfortable and stabilizing the TRX in this way makes the exercise less effective. Move your hands higher to prevent rubbing. Do not train anyone over 350lbs. The system is capable of training individuals 350lbs or less. It is not recommended that you use additional weight on the TRX. Medicine balls may be used to add another element but no heavy weight should be used.

WORKOUT PORTION

Round 1
TRX Chest Press – TRX Supermans 30 seconds each 2 sets
TRX Overhead Squats – TRX Pistol Squats L/R 10 of each, on each leg 2 sets ea.
TRX Crunch – TRX Plank 30 seconds of each

Round 2
TRX Row – TRX Toss Over 40/20 Row 10 Toss overs ea. Side 2 sets
TRX Suspended Lunge – TRX Burpie L/R 10 ea. Back to back L then R – 2 sets
TRX Pike – TRX Pendulum – 30 seconds of each.

Round 3
TRX Atomic Push Up – TRX Mountain Climbers (Alt Arm Leg for challenge) 30 seconds ea 2 sets
TRX Pull Ups – L Planks 30 seconds ea. 2 sets
TRX Hamstring Curl – TRX Pilates Roll Up (add saw for challenge) 30 seconds ea 2 sets

Round 4
TRX T,Y,W, Bear Hug complex – 1min
TRX Hip Raise (Bridges) – TRX Bicycle Crunches 30 seconds ea.
TRX Side Plank + Bicep Curls – TRX Side plank + Tricep Extention 10 ea. 2 sets

Cool Down – TRX Yoga
Warrior 1 and Warrior 2 on TRX 30 seconds ea side 1 set
Stork Pose – (into TRX)
TRX Tree Pose (Facing Away from TRX) Alt with above L/R
TRX Ham Stretch
TRX Figure 4
TRX Lat Stretch Combo
Child’s Pose 30 seconds