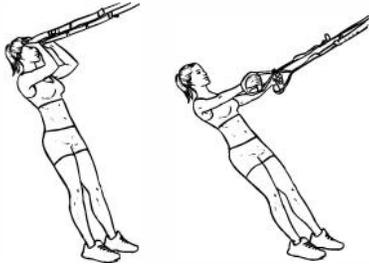


# Max TRX: Suspension Training Circuit

53 min · Abs, Arms, Back, Legs

Here we go! Each exercise on today's workout has a 4-minute (240-second) time cap. You must complete as many reps as possible in that time; then rest before moving onto the next!

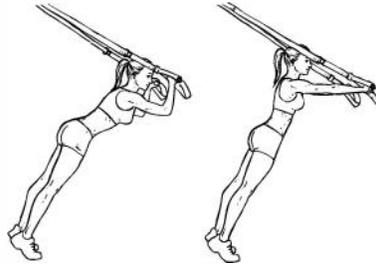
## TRX Suspension Strap Bicep Curls



240 secs

Keep the back nice and straight and a slight bend in the knees. All biceps baby!

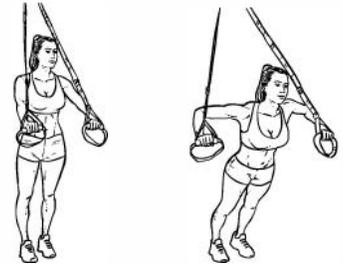
## TRX Suspension Straps Tricep Extensions



240 secs

The further away your feet are from the straps, the more difficult the exercise becomes. Challenge yourself!

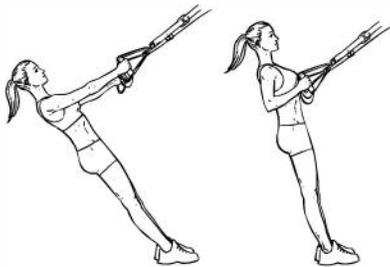
## TRX Suspension Straps Chest Press



240 secs

Big pushes using those pecs!

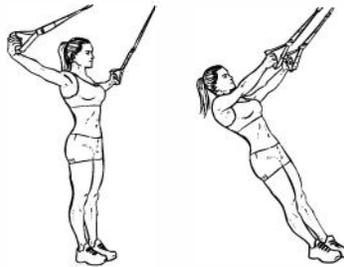
## TRX Suspension Strap Rows



240 secs

Onto that back, allow those big lats to take over here. Remember, keep your feet nice and grounded!

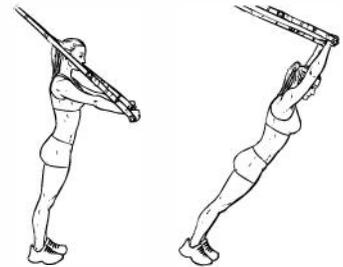
## TRX Suspension Strap T Flies



240 secs

Unleash that sculpted back!

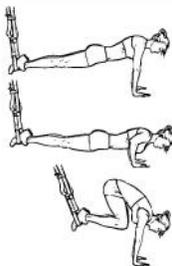
## Standing TRX Suspension Strap Ab Rollout



240 secs

Engage your core like it's a weapon. Lock it and keep it nice and firm with every rep.

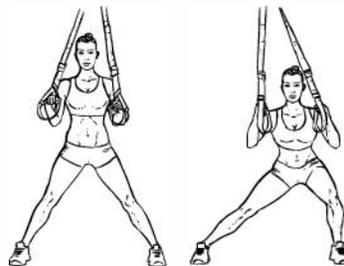
## Suspension Atomic Push-ups



240 secs

Bring in those legs and work the sexy V. You know you want to.

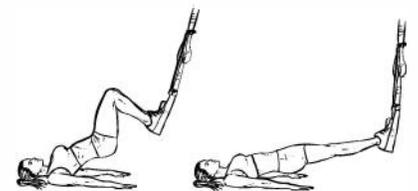
## Suspension Lateral Lunges



240 secs

Now on to the lower body, alternate legs with every rep!

## Suspension Hamstring Curls



240 reps

Work those hammies and glutes! This is the last one of the day!

Disclaimer: If at any time you feel you are exercising beyond your current fitness abilities or feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately and consult your medical professional.

## TRX Suspension Strap Bicep Curls

Primary muscle group(s):

**Biceps**

Secondary:

**Abs, Forearms**

Secure a pair of suspension straps. Facing the straps, hold one handle in each handle.

Tighten your core and lower back. Slowly lean backwards and form a straight line with your body.

Extend your arms, keeping a slightly bent elbow. Pull yourself up and towards the straps by curling your arms.

Slowly lower yourself to the starting position while keeping tension in the biceps.

Repeat.



## TRX Suspension Straps Tricep Extensions

Primary muscle group(s):

**Triceps**

Secondary:

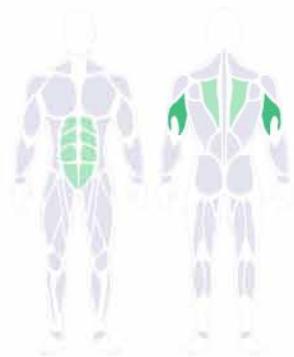
**Abs, Upper Back & Lower Traps**

Safely secure a pair of suspension straps. Hold a handle in each hand then raise both of your arms above your head. Keep your elbow slightly bent.

Lean forward with a tight core. Bend your arms to allow your body to lean.

Slowly push your arms forward, straightening them and raising your body as you do.

Once your arms are extended with a slight bend in the elbow, slowly return to the starting position and repeat.



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## TRX Suspension Straps Chest Press

Primary muscle group(s):

**Chest**

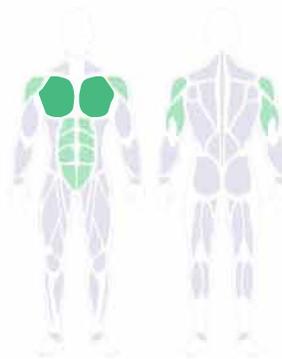
Secondary:

**Abs, Shoulders, Triceps**

Secure a TRX band on a door frame or other stable surface. Make sure that the band is overhead.

Holding the handles of the TRX band, walk forward until the slack tightens. Brace your core and stand with feet shoulder-width apart. Now lean forward on the bands until the bands are supporting your weight.

Maintaining a flat back and tight core throughout, lower yourself down between the bands until your elbows are at a 90 degree angle. Push yourself back up to the starting position.



## TRX Suspension Strap Rows

Primary muscle group(s):

**Lower Back**

Secondary:

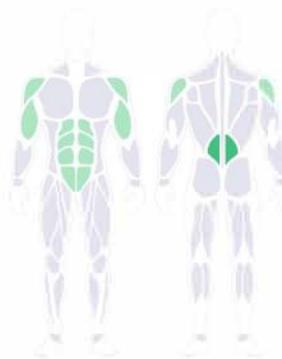
**Abs, Biceps, Shoulders**

Secure a pair of suspension straps. Stand facing the straps, brace your lower back, and tighten your core.

Lean back, letting the straps hold your weight. Your arms should be straight.

Pull yourself up with your back, maintaining a tight core.

Squeeze the back muscles and slowly lower yourself. Repeat.



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## TRX Suspension Strap T Flyes

Primary muscle group(s):

**Upper Back & Lower Traps**

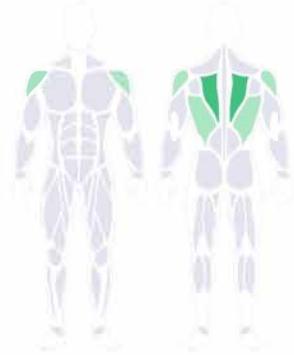
Secondary:

**Middle Back / Lats, Shoulders**

Grab on to a secured TRX band with each hand. Bring your feet together. Stand up completely straight while bracing the core. Extend your arms up directly in front of you and slowly lean back, letting the TRX band support you.

Bring your arms out to each side, allowing your upper back and lower traps to pull you back up to a standing position. Again, maintain a completely straight posture.

Immediately, reverse the movement, slowly bringing your arms together as you lean back.



## Standing TRX Suspension Strap Ab Rollout

Primary muscle group(s):

**Abs**

Secondary:

**Middle Back / Lats, Obliques**

Holding a TRX band with both hands, tighten your abs, keep your chest up, and place your gaze straight ahead.

Keeping your feet in place, slowly lean forward. In a slow, controlled movement, guide the TRX band above your head with straight arms.

Feel the contraction of your core as you fully extend. Pause and then contract your core to return you to the starting position.



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## TRX Suspension Straps Atomic Push-ups / Pushups

Primary muscle group(s):

**Abs, Chest, Shoulders**

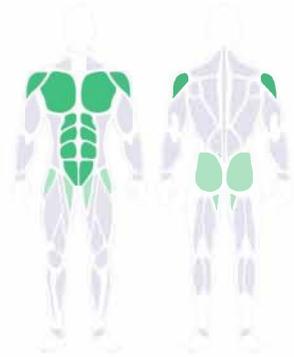
Secondary:

**Glutes & Hip Flexors**

Bring yourself to the ground and enter an elevated push-up position with your hands below your shoulders and your feet directly behind you. Carefully, insert one foot at a time into hanging TRX bands.

Maintaining a tight core, slowly lower yourself while keeping your balance. Once your upper arms are parallel with the floor, pause, and return to the starting position.

Bring your knees in towards your elbows, feeling the contraction in your abdominals. Slowly extend your feet back into the starting position. That is one repetition.



## TRX Suspension Straps Side Step / Lateral Lunges

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

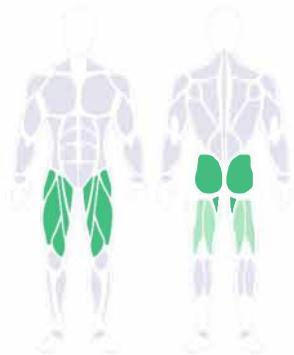
Secondary:

**Hamstrings**

Reach up and hold a TRX band in each hand. Stand with feet shoulder-width apart and the toes pointing forward.

Maintain a straight lower back and tight core as you step your right leg out to the side. Make sure that your left foot stays in contact with the ground.

Bring your hips down until your thigh is parallel with the floor. Hold this contraction and slowly push yourself back to the starting position.



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## TRX Suspension Strap Hamstring / Leg Curls

Primary muscle group(s):

**Glutes & Hip Flexors, Hamstrings, Quadriceps**

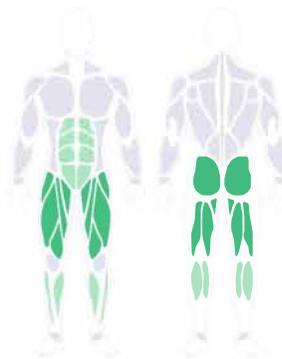
Secondary:

**Abs, Calves**

Lie on the ground with a TRX Suspension Strap at your feet. Lift both your feet into the strap, making sure they are secure. Tighten your core and place your hands at your sides.

Drive your hips up while maintaining a straight line with your body. Curl your feet in, moving them towards your butt. Maintain balance with your hands on the ground.

Once your feet reach your butt, slowly extend your feet back to the starting position. Do not allow your hips to drop. Contract the core during the entire movement.



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