

TRX Full-Body

MUSCLE GROUP _____ TIME TO COMPLETE 20 minutes

EXERCISE	MUSCLE GROUP	WEIGHT	REPS
TRX Squats into a Row	Legs/Back	Body weight	20
TRX Superman Roll-Outs	Core/Arms	Body Weight	15 - 20
TRX Overhead Extensions	Triceps	Body Weight	15 - 20
TRX Chest Flyes	Chest	Body Weight	15 - 20
TRX Bicep Curls	Biceps	Body Weight	15 - 20
TRX Front Raises	Shoulders	Body Weight	15 - 20
* Repeat all six exercises 4 times consecutively			
* Rest for 30 Seconds between sets			
* Drink water before, during and after!!			

NOTES: