

Exercise Chart for TRX

LEGS

1. Balance Lunge
2. One leg Squat
3. Leg Extension
4. Hip Press
5. Hamstring Curl
6. Postural Squat
7. Regular Squat

Abs - Low Back - Hips

1. Standing Back Extension
2. Kneeling Roll Out
3. Suspended Pendulum
4. Plank: Front-Side-Back: On elbows or in Pushup Position
5. Suspended Crunch
6. Suspended Crunch in Pike position
7. Suspended Hip Abduction

Upper Back

1. Pull over
2. Lay Back Row
3. Pull ups/Chin ups
4. Lat Pulldown
5. Swimmers Pull

Chest

1. Dips: Lay back or Seated on ground
2. Chest Fly: Kneeling or Standing
3. Pushup
4. Suspended Pushup or handstand press
5. Chest Press
6. Atomic Press: Push up and Suspended Crunch

Shoulders

1. "T" Deltoid Fly
2. Front Raise
3. Low Deltoid Fly
4. "Y" Deltoid Raise
5. Scapula Retractions
6. Internal and external Rotation
7. Handstand Pushup
8. Layback shrugs

Arms

1. Biceps Curl: Single or both arms
2. Triceps Press
3. Hammer Curls
4. Reverse Curls

Neck

1. 4 way neck (extension probably easiest and safest)