



TRX WORKOUT ROUTINE FOR BEGINNERS PDF

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	Exercise	Coaching Tips	Set 1	Set 2	Set 3	Set 4
Day 1: TRX Upper 1	TRX Low Row	Facing the anchor point, lean back, gripping the handles. With arms at sides, pull back against the handles.	10-12	8-10	8-10	8-10
	TRX "Y" Flyes	Facing the anchor point, lean back, hands together. Pull handles apart forming the letter Y with your arms. Squeeze.	10-12	8-10	8-10	8-10
	TRX Push-Ups	Toes through stirrups, hands on the ground. The higher the stirrups, focus shifts from chest toward shoulders.	10-12	8-10	8-10	8-10
	TRX Triceps Extensions	Facing away from the anchor point, grip handles palms forward. Press away from your head.	10-12	8-10	8-10	8-10
	TRX Biceps Curls	Opposite of triceps extensions, face anchor point and lean back. The farther back, the more challenging.	10-12	8-10	8-10	8-10
	TRX Pikes	Like the push-up, toes in stirrups, arms straight, hands on ground. With straight legs, pull feet toward elbows.	10-12	8-10	8-10	8-10
Day 2	REST					
Day 3: TRX Lower	TRX Hamstring Curls	Lie on floor, heels in TRX stirrups. Pull heels toward hips.	10-12	8-10	8-10	8-10
	TRX Sissy Squats	Lean back, let hips travel toward the calves. Heels can lift off the ground.	10-12	8-10	8-10	8-10
	TRX Rear Foot Elevated Squat	Like the Bulgarian Split Squat. Non-working foot in stirrup.	10-12 each leg	8-10 each leg	8-10 each leg	8-10 each leg
	TRX Squats	Feet comfortable width apart. Essentially a deep knee bend.	10-12	8-10	8-10	8-10
Day 4	REST					
Day 5: TRX Upper 2	TRX Chest Flyes	Face away from anchor point, hands together palms facing. With arms locked, bring arms out to sides, and back.	10-12	8-10	8-10	8-10
	TRX "T" Flyes	Facing the anchor point, lean back, hands together. Pull handles apart forming the letter T with your arms. Squeeze.	10-12	8-10	8-10	8-10
	TRX Face Pulls	Facing anchor point, lean back, and pull handles toward the sides of your head flaring elbows to sides. Finish with a squeeze.	10-12	8-10	8-10	8-10
	TRX Pull-ups	Sit underneath the handles with anchor directly overhead. Pull up.	10-12	8-10	8-10	8-10
	TRX Biceps Curls	Same as above.	10-12	8-10	8-10	8-10
	TRX Triceps Extensions	Same as above.	10-12	8-10	8-10	8-10
Day 6	REST					
Day 7	REST					

Program Guidelines

- **Warm up** each exercise with a higher-rep set of 15 to 20 reps using lighter resistance.
- **Rest days:** default to a day or two between workouts. You could use the classic Monday-Wednesday-Friday workout schedule. Or Monday-Tuesday-Thursday. No problem working out two days in a row if your schedule and body dictates. You can do more than 3 workouts in a week.
- Always use **proper form**.
- **Progressive overload** always applies. As an exercise gets easier, increase the resistance by moving your body nearer to the TRX anchor point.
- **Wear weighted clothing**, like a weighted vest, to increase resistance beyond body weight alone.

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Disclaimer: The content of this guide is intended for informational and educational purposes only and should not be considered a substitute for professional medical advice. The TRX workout routine outlined here is designed for beginners looking to enhance their fitness through suspension training, but it may not be suitable for all individuals. If you have any health concerns, pre-existing conditions, or are new to exercise, it is essential to consult with a healthcare professional before beginning this or any exercise program. Always prioritize proper form and technique during workouts to prevent injuries. If at any time during the exercise you experience pain, discomfort, or other adverse effects, discontinue immediately and consult a healthcare provider. Safety should always be your primary concern when participating in any physical activity.