

TRX Exercise Chart

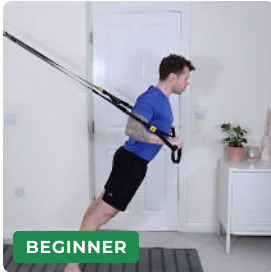
35 Suspension Training Exercises by Muscle Group

LEVEL ■ Beginner ■ Intermediate ■ Advanced

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■ CHEST

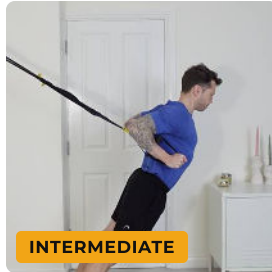
3 exercises



BEGINNER

Chest Press

Chest Middle (Pec Major)



INTERMEDIATE

Chest Dips

Chest Lower (Pec Major)



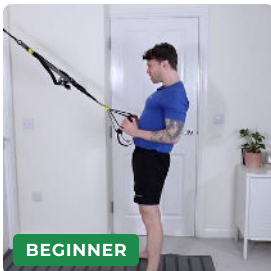
INTERMEDIATE

Chest Flys

Chest Width (Pec Minor)

■ BACK

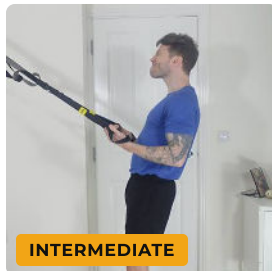
3 exercises



BEGINNER

Low Row

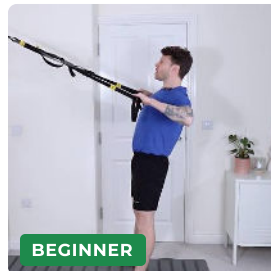
Lower Lats & Traps



INTERMEDIATE

Reverse Grip Row

Lower Lats & Traps



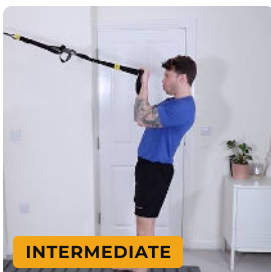
BEGINNER

High Row

Traps & Rhomboids

■ BICEPS

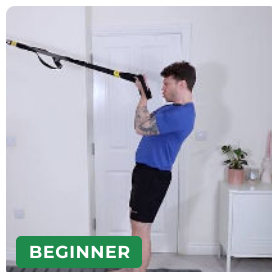
4 exercises



INTERMEDIATE

Reverse Curls

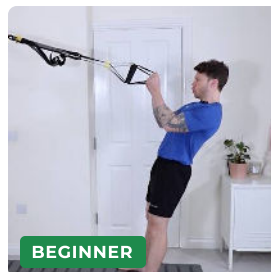
Biceps & Brachialis



BEGINNER

Bicep Curls

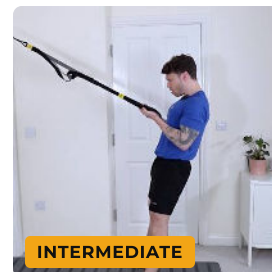
Biceps



BEGINNER

Hammer Curls

Biceps & Brachioradialis



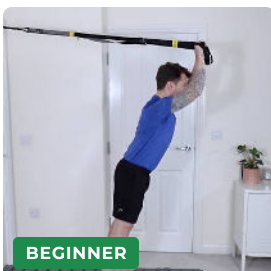
INTERMEDIATE

Drag Curls

Biceps Peak

■ TRICEPS

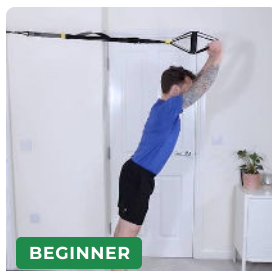
4 exercises



BEGINNER

Skullcrusher

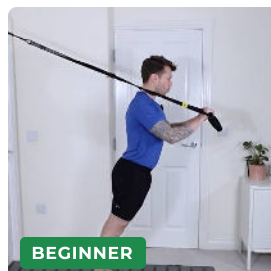
Triceps (All 3 Heads)



BEGINNER

Tricep Extension

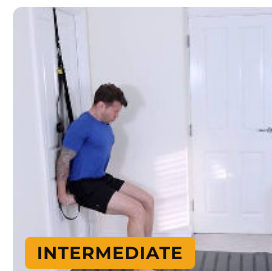
Triceps (All 3 Heads)



BEGINNER

Close Press

Triceps (2 Heads)



INTERMEDIATE

Tricep Dips

Triceps (2 Heads)

TRX Exercise Chart

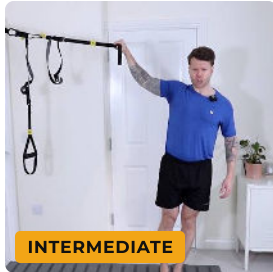
35 Suspension Training Exercises by Muscle Group

LEVEL ■ Beginner ■ Intermediate ■ Advanced

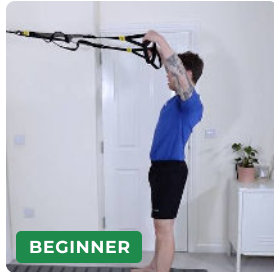
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■ SHOULDERS

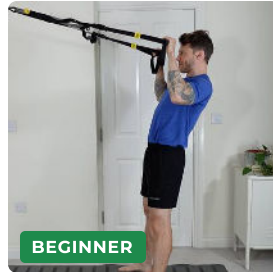
5 exercises



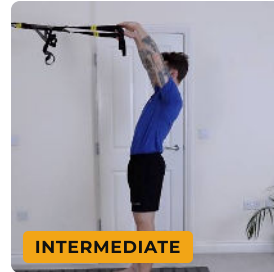
Side Raises
Middle Shoulder



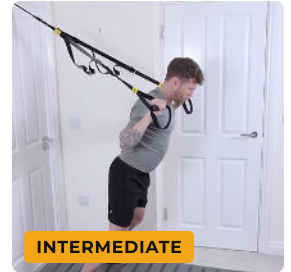
Ys & Ts
Middle & Rear Shoulder



Face Pulls
Rear Shoulder



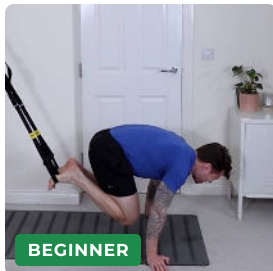
Front Raise
Front Shoulder



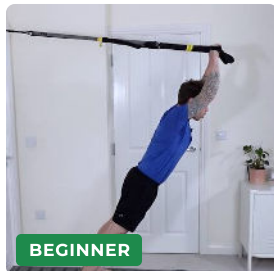
Shoulder Press
Front & Middle Shoulder

■ CORE

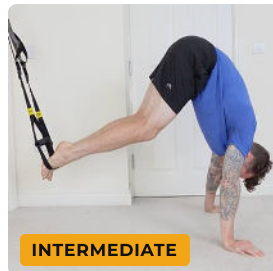
5 exercises



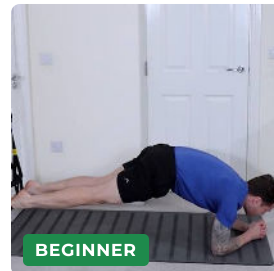
Knee to Chest
Abdominals



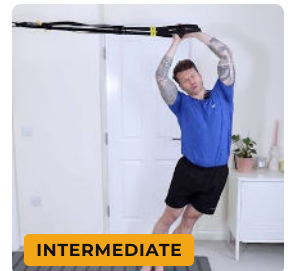
Supermans
Front & Back Core



Plank to Pike
Full Core Postural Chain



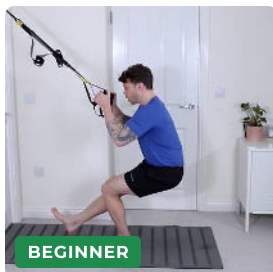
Plank (2 Variations)
Transverse Abdominis



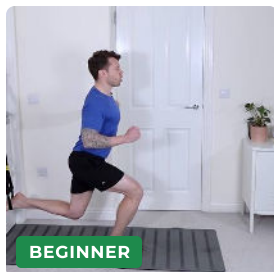
Side Bends
Obliques

■ LEGS

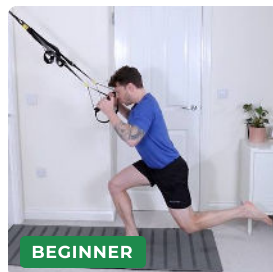
7 exercises



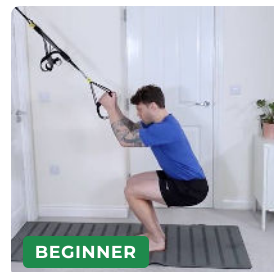
Pistol Squat
Quads



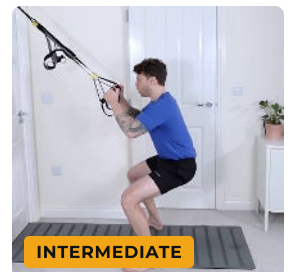
Front Lunge
Quads, Hamstrings & Glutes



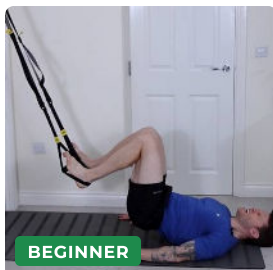
Reverse Lunge
Quads



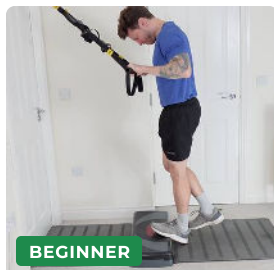
Quad Squats
Quads



Hamstring Squats
Hamstrings & Glutes



Hamstring Curls
Hamstrings & Glutes



Calf Raises
Calves