

TRX Core Specific Focus

Perform these 5 to 6 exercises in order. Can repeat for 2 to 3 rounds

TRX Plank



Strap length adjustment: Mid calf

1. Kneel facing away from anchor with both feet in foot cradles, and align hands under shoulders
2. Lift knees up off ground
3. Maintain body alignment from heads to toes

TRX Body Saw



Strap length adjustment: Mid calf

1. Kneel facing away from anchor with both feet in foot cradles, and forearms down, elbows under shoulders
2. Lift knees up off ground
3. Maintain body alignment from heads to toes
4. Drift body forward and back in a controlled movement

TRX Side Plank



Strap length adjustment: Mid calf

1. Lie sideways to the anchor point, place both feet in front cradles with top leg forward and align elbow under shoulder
2. Line up front heel with back toes and lift hips up off ground
3. Maintain body alignment from head to toes

TRX Pike – perform to fatigue (Mountain Climber optional)



Pike

Strap length Adjustment: Mid Calf

1. Kneel facing away from anchor with both feet in foot cradles and align hands under shoulders
2. Lift knees off ground, keeping legs straight, raise hips toward the ceiling
3. Maintain alignment at fully extended start position



Mountain Climber

Strap length Adjustment: Mid Calf

1. Kneel facing away from anchor with both feet in foot cradles and align hands under shoulders
2. Lift knees off ground, raising hips slightly, bring one knee into chest
3. Extend leg back, bringing in other knee to chest, alternate