

# **TRX Flexibility**

Perform anytime your are tight and after Bike and Run

## TRX Lower Back Stretch w/ Rot.



### Strap length Adjustment: Mid

1. Stand facing anchor, feet hip width apart, arms straight, palms down
2. Lean back and drop hips away from TRX
3. Bend one knee and rotate toward straight leg and drop hip; repeat other side

## TRX Off-set Hamstring String Stretch

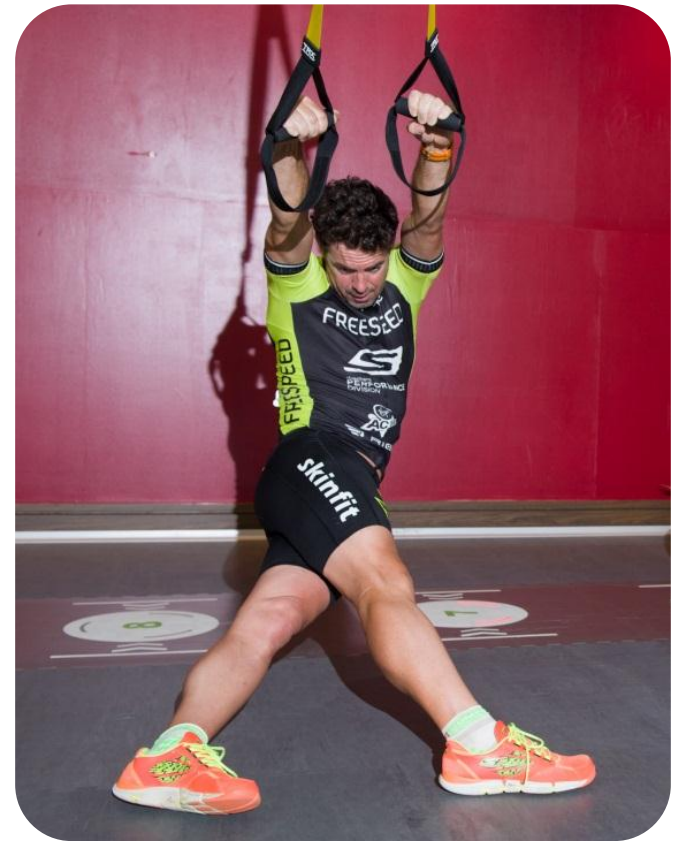


### Strap length Adjustment: Mid

1. Stand facing anchor, arms straight at chest height, take wide offset foot stance
2. Keeping back straight, hinge forward from hip, pressing down on handles
3. Bend back knee and lift hips slightly



# TRX Long Torso Stretch



## Strap length Adjustment: Mid

1. Stand with side to anchor, cross front leg over other, maintaining straight arms and body
2. Lean back and drop hips away from TRX
3. Drop head in between arms and release tension in shoulders

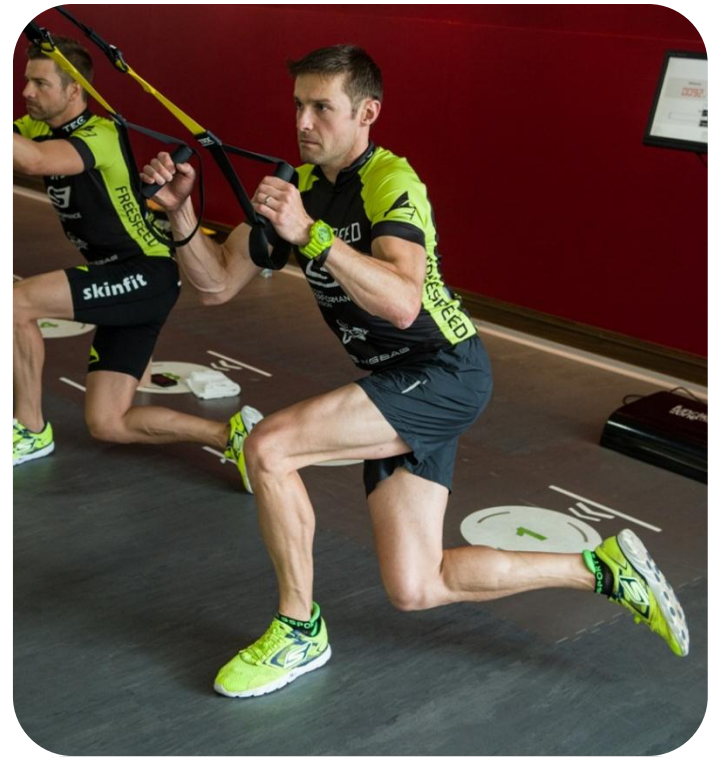
## TRX Single Leg Squat (\*Option Heel Down)



### Strap length Adjustment: Mid

1. Stand facing anchor, keep elbows under shoulders and palms facing each other
2. Centre working leg to anchor point and extend opposite leg in front
1. Drop tailbone towards the floor and drive up through heel

## TRX Crossing Balance Lunge (\*Knee to outside of calf)



### Strap length Adjustment: Mid

1. Stand facing anchor, keep elbows under shoulders and palms facing each other
2. Centre working leg to anchor point and move other leg back into lunge, crossing behind working leg
3. Drive up through front heel, returning back leg to starting position