



# TRX Beginner Workout



12 minutes | TRX

ACTIVITY	TIME	NOTES
<b>EXERCISE 1</b> <b>Low Row</b>	<b>10 reps</b>	Maintain plank. Use back not biceps
<b>EXERCISE 2</b> <b>Cross Balance Lunge</b>	<b>8/leg</b>	Weight in the front foot.
<b>EXERCISE 3</b> <b>Face Pull</b>	<b>10 reps</b>	Knuckles face each other.
<b>EXERCISE 4</b> <b>Hamstring Runner</b>	<b>20s econds</b>	Weight in each heel. Don't arch back
<b>Perform the exercises back to back without rest. Rest for 30 seconds and repeat the sequence for a total of four rounds.</b>		
<b>EXERCISE 5</b> <b>Body Saw</b>	<b>8 reps</b>	Tuck the tail bone under. Move slowly.
<b>EXERCISE 6</b> <b>Side Plank Dips</b>	<b>8 per side</b>	Don't shrug. Keeps hips squared

**Perform the exercises back to back without rest. Rest for 20 seconds and repeat the sequence for a total of two rounds.**

