

TRX Trifecta



**Lower Body, Low Anchor
Arms & Chest
Shoulders & Back**

TRX 3 Day Split

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|------------------|------------------|------------------|------------------|-----------------|-----------------|------------------|
| week 1 | Lower Body | Arms & Chest | Shoulders & Back | HIIT* | walk or rest | Lower Body | Arms & Chest |
| week 2 | Shoulders & Back | HIIT* | walk or rest | Lower Body | Back, Bis, Tris | Chest Shoulders | HIIT* |
| week 3 | walk or rest | Lower Body | Arms & Chest | Shoulders & Back | HIIT* | walk or rest | Lower Body |
| week 4 | Arms & Chest | Shoulders & Back | HIIT* | walk or rest | Lower Body | Arms & Chest | Shoulders & Back |

***HIIT: High Intensity Interval Training**

Equipment: elliptical or bike TRX or Kettlebell

Warm up: 5 minutes cardio of choice ie bike or elliptical

Work: Set an interval timer for 20 seconds work** and 40 seconds rest for 8 cycles

Perform a sprint on bike or elliptical for 20 seconds and recover with slow movement for 40 seconds

To use TRX options for work intervals might include **jumping squats**

To use kettle bells, the work interval will be [kettlebell swings](#).

Cool: walk or move continuously for five minutes.

**These are 100% effort all out intervals

*****Click on the name of the exercise to see a video demonstration*****

LOWER BODY, Low Anchor

Click on the title of the exercise to see a video demonstration.

1.Begin with the mobility warm up.

2.TRX super set Complete all reps for each exercise on both sides before moving onto the next exercise. Comeplete 4 rounds of the superset.

- a. TRX hip hinge.
- b. TRX curtsey + abduction.
- c. TRX slide lunges
- d. TRX supine Y raises
- e. TRX single leg dead lifts

| Low Anchor: Legs, Glutes, Posterior | exercise | equipment | reps | sets |
|-------------------------------------|---|---|---------|------|
| 1 | Warm up | | | |
| 2a | Trx hip hinge | TRX, towards, low anchor | 10 | 3 |
| 2b | Trx Curtsey + abduction | TRX, towards, low anchor | 10 each | 3 |
| 2c | TRX slide lunges | TRX, towards, low anchor, glides or paper plate | 5 each | 3 |
| 2d | TRX supineY raise | TRX, towards, low anchor | 10 | 3 |
| 2e | TRX low anchor singel dead lift | TRX, towards, low anchor, kettle bell or dumbbell | 10 each | 3 |
| | | | | |
| | | | | |
| | Key | | | |
| | med = medium length straps | | | |
| | away = face away | | | |

| | | | | |
|--|--|--|--|--|
| | from anchor | | | |
| | towards = face towards anchor | | | |
| | side = orient to the side of anchor | | | |
| | low anchor = anchor at floor | | | |

*****Click on the name of the exercise to see a bideo demonstration*****

ARMS & CHEST

Click on the title of the exercise to see a video demonstration.

Complete

1.Begin with the mobility warm up.

2. Bis, Tris, Back

- a. TRX Bicep curls
- b. TRX triceps extensions
- c. TRX power pull

3. Chest Shoulders

- a.TRX chest press
- b.TRX chest fly
- c.TRX clock press
- d.TRX roll out

Complete the number of reps for each exercise and move onto the next exercise.

Complete all 4 rounds of Bis,Tris and Back. Move onto chest and shoulders, and complete the number of reps for each exercise and move onto the next exercise.

Complete all 3 rounds of the Chest and shoulders.

NOTE: All exercise demonstrations are in the same video.

| | | | | |
|----|--------------------------------|-----------------------|------|------|
| | | | | |
| | EXERCISE | EQUIPMENT | reps | Sets |
| 1 | Warm up | | | |
| 2a | TRX bicep curl | TRX, long, towards | 10 | 4 |

| | | | | |
|----|---------------------------------------|--------------------|----|---|
| 2b | TRX triceps extension | TRX, Long, away | 10 | 4 |
| 2c | TRX Power Pull | TRX, long, towards | 10 | 4 |
| 3a | TRX chest press | TRX, Long, away | 10 | 3 |
| 3b | TRX chest fly | TRX, Long, away | 10 | 3 |
| 3c | TRX clock press | TRX, Long, away | 10 | 3 |
| 3d | TRX roll out | TRX, Long, away | 10 | 3 |
| | | | | |
| | | | | |
| | Key | | | |
| | med = medium length straps | | | |
| | long = long length straps | | | |
| | away = face away from anchor | | | |
| | towards = face towards anchor | | | |
| | side = orient to side of anchor | | | |
| | low anchor = anchor at floor | | | |

*****Click on the name of the exercise to see a bideo demonstration*****

SHOULDERS & BACK

Click on the title of the exercise to see a video demonstration.

1.Begin with the mobility warm up.

2.Kettlebell swings, set and interval timer for 40 seconds work and zero seconds rest and 10 cycles. At the beginning of every cycle, perform 10 kettlebell swings for 10 cycles.

3.TRX Super set: Complete 10 reps of each exercise before moving onto the next exercise. Continue until 4 rounds have been completed.

Approximate time of workout = 40 minutes.

| | Exercise | Equipment | Reps | Sets |
|----|---|--------------------------------|------|------|
| 1 | Warm Up | none | | |
| 2 | kettle bell swings | kettle bell, interval timer | 10 | 10 |
| 3a | TRX row plus press | TRX, med, towards | 10 | 4 |
| 3b | TRX front plus side raise | TRX, med, side | 10 | 4 |
| 3c | TRX split fly | TRX, med, towards | 10 | 4 |
| | | | | |
| | | | | |
| | Key | | | |
| | med = medium length straps | | | |
| | away = face away from anchor | | | |
| | towards = face towards anchor | | | |
| | side = anchor is to the side | | | |
| | | | | |

*****Click on the name of the exercise to see a bideo demonstration*****

NOTES:

- Always complete a thorough warm-up.
- This is a high volume total body resistance training plan.
- Every single exercise requires focused attention to core activation, therefore no other core exercises are necessary.
- If you need an extra rest day take it and pick up where you left off.
- Do not do this program for more than 4 weeks.
- After 4 weeks choose another program for 4-6 weeks and then come back to this.