

10 Advanced TRX Exercises To Sculpt A Tight Core & Propel Muscle Growth

1. TRX Frog Kicks

Emphasis: **Core, Lower Abs, Hips**

How To:

1. Start in push up position with both feet in the TRX straps.
2. Slowly contract your abs, flex your quads, and push both legs out laterally, so that they're slightly wider than shoulder width.
3. Using your lower abs, pull both knees in towards your chest.
4. Squeeze both legs together and kick your legs out straight back into push up position.
5. Repeat for 20 reps.

2. TRX Suspended Lunges

Emphasis: **Legs, Core**

How To:

1. Stand in front of the TRX straps and place your right foot inside both loops. Walk out until your right leg is fully extended. This is your starting position.
2. Slowly lunge forward until your quad is parallel with the floor and there's a deep stretch through your butt. Hold for .5 seconds and powerfully thrust back upwards into starting position. Make sure that you maintain strong posture and a tight core throughout.
3. Complete 12 reps and switch legs.



SUSPENDED LUNGE

3. TRX Hanging Dips

Emphasis: **Triceps, Chest**

How To:

1. Set the TRX straps at waist height.
2. Grab both handles, flex your **triceps**, and press your body upwards off the floor into a full extension. This is starting position.
3. Lean forward slightly to engage the chest, stabilize the arms and torso, and slowly dip downwards until your triceps are approximately parallel with the floor.
4. Powerfully contract your triceps and chest and push back upwards to the starting position.
5. Repeat for 10 reps.

4. TRX Reaching Rows

Emphasis: **Core, Back, Rear Deltoids, Obliques**

How To:

1. Grab a TRX strap with your right arm and drop back into a 45 degree angle. This is your starting position.
2. Posture is key. Puff out your chest, tighten your core, and maintain a straight back throughout.
3. Powerfully row upwards, torque through your obliques, and touch the top of the TRX strap with your left hand. As you're rowing upwards on the right side of your body, your left side should simultaneously elevate and twist.
4. Slowly return down to starting position, pause for 1 second, and repeat for 12 total reps.
5. Switch arms and complete 12 more reps



5. TRX Pendulum

Emphasis: Core, Obliques, Transverse Abdominis

How To:

1. Start in push up position with both feet in the TRX straps.
2. Keep your upper body stationary, contract your obliques, and slowly swing your hips and lower body laterally from side to side. Your obliques should drive the movement. Make an effort to dig your arms into the ground and transfer energy horizontally, without actually moving your upper body.
3. Swing outwards as far as possible while maintaining a strong contraction throughout your core.
4. Continue for 30 seconds.



6. TRX Chest Flies

Emphasis: Chest

How To:

1. Grab both straps with a neutral grip (palms facing each other) and extend into push up position.
2. With a slight bend on your elbows, slowly drive your arms down and out while your chest drops toward the floor. Lower until your triceps are parallel with the floor, or when you feel a deep, controlled stretch. Make sure not to overextend, as it can cause potential injury to the shoulder/rotator cuff.
3. Powerfully squeeze your chest and arms together into full push up position.
4. Repeat for 12 reps.

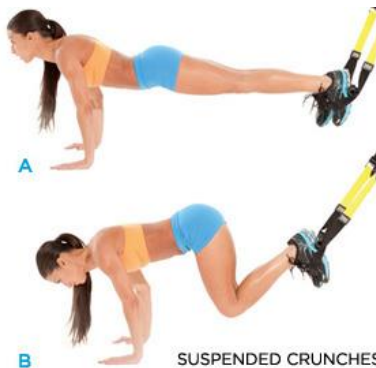


7. TRX Knee Tucks

Emphasis: **Core, Lower Abs, Hips**

How To:

1. Start in push up position with both feet in the TRX straps.
2. While maintaining a flat back, slowly contract your **lower abs** and obliques, and draw your knees into your chest.
3. Hold the contraction for 1 second and kick your legs back out into push up position.
4. Repeat for 15 reps.



8. TRX Saw Pikes

Emphasis: **Full Core**

How To:

1. Start in push up position with both feet in the TRX straps.
2. Without bending your knees, drive the top of your feet into the straps and powerfully raise your butt into the air. You should form an upside down “V” at the top — this is called a “pike.”
3. Lower slowly into push up position.
4. Place your arms in front of your face and use your triceps/lats to slide your torso forward (without bending anything). Hold for 1 second and slide back to starting position — this is called a saw. Together, this forms a “saw pike”
5. Repeat 10 reps.



9. TRX “Y” Deltoid Raise

Emphasis: **Rear/Posterior Deltoids**

How To:

1. Grab the TRX straps with both hands and drop down into a 45 degree angle.
2. Using your rear deltoids to initiate the movement, powerfully raise your arms diagonally overhead and pull your torso forward to form a “Y” shape.
3. Drop back down to starting position and repeat 15 reps.



10. TRX Triceps Extensions

Emphasis: **Triceps**

How To:

1. Grab both straps and lean forward with your arms extended.
2. Slowly bend both elbows and allow your body to sink towards the floor. Lower until your elbows are bent slightly beyond 45 degrees.
3. Powerfully flex your triceps and extend your arms back to start. Hold 1 second.
4. Repeat 15 reps.

