TRX 200,000 STRONG WORKOUT

> 20 MIN
Exclusive to TRX Training Facebook fans
## TRX 200,000 STRONG WORKOUT

**20 MIN**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX CHEST PRESS</td>
<td>20</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX LOW ROW</td>
<td>20</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX SPRINTERS START</td>
<td>20 each leg</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX PIKE</td>
<td>20</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX W FLY</td>
<td>20</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX TRICEPS PRESS</td>
<td>20</td>
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<tr>
<th>Exercise</th>
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<th>Rest</th>
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<tbody>
<tr>
<td>TRX Hamstring Curl</td>
<td>20</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX Mountain Climber</td>
<td>20</td>
<td>20 sec</td>
</tr>
<tr>
<td>TRX Lunge</td>
<td>20 each leg</td>
<td>20 sec</td>
</tr>
</tbody>
</table>

*After the workout, please refer to the TRX Stretch Workout from the TRX HOME Kit for cool down. You can purchase the TRX HOME Suspension Training Kit at [TRXtraining.com/products/trx-home](http://TRXtraining.com/products/trx-home).*
TRX CHEST PRESS

20 REPS
20 SEC REST
TRX LOW ROW

20 REPS
20 SEC REST
TRX SPRINTERS START

20 EACH LEG
20 SEC REST
TRX PIKE

20 REPS

20 SEC REST
TRX W FLY

20 REPS
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TRX TRICEPS PRESS

20 REPS
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TRX HAMSTRING CURL

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TRX MOUNTAIN CLIMBER

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