



TRX 200,000 STRONG WORKOUT

> 20 MIN

Exclusive to TRX Training
Facebook fans

TRX 200,000 STRONG WORKOUT

20 MIN

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	20 SEC REST
TRX TRICEPS PRESS	20 REPS	20 SEC REST

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20 MIN

TRX HAMSTRING CURL	20 REPS	20 SEC REST
TRX MOUNTAIN CLIMBER	20 REPS	20 SEC REST
TRX LUNGE	20 EACH LEG	20 SEC REST

*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](https://www.trxtraining.com/products/trx-home).

TRX CHEST PRESS



20 REPS

20 SEC REST



TRX LOW ROW



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TRX SPRINTERS START



20 EACH LEG

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TRX