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Workouts - TRX Suspension Training

January TRX program

1. TRX lateral lunge (side to side)
2. TRX Crossing Balance Lunge
3. other leg
4. TRX Front Squat (SF Away - straps under arms)
5. TRX Chest Press
6. TRX Standing Roll out (SF Away)
7. TRX Triceps press - palms down
8. TRX Mid Row
9. TRX Triceps press - palms up
10. TRX Low Row
11. TRX Deltoid Fly (alt I and Y)
12. TRX Kneeling Roll out (Kneeling Facing Anchor)
13. TRX Hamstring Curl
14. TRX Atomic Pushup (as many as you can do - rest 2 seconds and resume)
15. TRX Pendulum

February TRX Workout

30 sec per movement - No transition so go fast between and keep cycling through until 14 minutes is done...14 minutes - what is that 3 or 4 songs? Nothing...nothing in the course of our day.

1. TRX Single arm row/single leg squat (use opposite arm to leg - length S/ single handle mode)
2. TRX Single arm row/single leg squat (other side)
3. TRX Chest press - take out of single handle Inhale open breastbone as you extend the thoracic spine mode - length L
4. TRX Hamstring Curl - length Mid Calf
5. TRX Side Plank - length Mid Calf - hand down or up, hip drops & lifts
6. TRX Plank - length Mid Calf
7. TRX Side Plank - length Mid Calf - other side

March TRX Workout

1. 10 TRX Lunges
2. 10 TRX Crossing Balance Lunges
3. 6 TRX Chest press as deep as you can go
4. 14 TRX Low Row (go for endurance)
5. 10 TRX Hamstring Runner (do one leg all 10 reps at a time and even pressure - no sawing)
6. 12 TRX Deltoid Fly (4 T shape, 4 Y shape and 4 I shape)
7. 10 TRX Biceps Curl
8. 10 TRX Overhead Triceps Press (elbows stay by ears)
9. 10 TRX Standing Rollouts
10. 10 TRX Kneeling rollouts but turn body 45 degrees so target obliques
11. TRX Pendulum (if your arms are exhausted then do on back but if you can muster it do it from your hands or elbows) add in stops - swing, swing, swing, stop!



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April TRX Program

1. 10 TRX Overhead Squat
2. 5 TRX Standing Rollouts - then hold the roll out position and one hand reaches out to the side keeping even pressure - 5x/side
3. 6 Hard TRX Standing Hip Drops (go deep)
4. 8 ea side TRX Kneeling Oblique Roll outs
5. 10/side TRX Hamstring runner - keep hips level/do one side at a time
6. TRX Supine hip abduction - keep hips up - 10 reps
7. 10/side TRX Oblique Leg Raise
8. TRX Plank (Single Leg) - focus on technique getting into it and then hold 30 sec/side

May TRX Program

1. TRX Forward Lunge (with I fly) (M)
2. TRX Front Squat (L)
3. TRX Chest Press (L)
4. TRX Standing Roll out (keep it L)
5. TRX Tricep Press (Keep it L - just take a small step forward and get on it)
6. TRX Power Pull (M)
7. TRX Mid Back Row (S)
8. TRX Bicep Curl (M)
9. TRX Prone Pendulum (Mid Calf)
10. TRX Crunch (MC)
11. TRX Supine Pendulum (MC) - add in holds (swing, swing, stop & hold) Complete 3 - 5x through alternating the TRX Forward Lunge with a TRX Crossing Balance Lunge on the 2nd set (and 4th if you get there).

June TRX Program

Warm Up First! The Work - end each round with 45 sec rest/15 sec transition to next round

Round 1

- a. TRX Single Leg Squat - 1 min/leg (M)
- b. TRX Alternating Mid back row and Low back row 1 min(S)
- c. TRX Hip Drop (standing side facing) 1 min/side (M)
- d. Snowboards - squat down touch the ground/jump up & turn 180 1 min

Round 2

- a. TRX Lunge (foot in cradles (MC)) 30 sec
- b. TRX Burpee (push up and then stand - foot still in cradle) 30 sec and then change foot and do the lunge on the other side
- c. TRX Oblique Crunch (1 min/alternating knees to shoulder) (MC)
- d. Suicides - 2 lateral quick steps/touch down and then go other way - 1 min

Round 3

- a. TRX Front Squat (L) - 1 min
- b. TRX Chest Press (L) - 1 min
- c. TRX Superman (L) - start in squat, heels lifted, hands in handles in front of shoulders, body angled at 45 degrees. Stand up and reach arms over head on your diagonal. Core VERY active.
- d. Cross country lunges - lunge/hop/change legs 1 min



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Round 4

- a. TRX Crossing Balance Lunge (M)- 1 min/leg
- b. TRX Biceps Curls (M) - 30 sec. TRX Triceps press (M) - 30 sec.
- c. TRX Twist (M) - Stand facing, arms straight, body leaned back, twist from core to corner of ceiling with both arms (like the top part of a golf swing) - 1 min
- d. Skaters Lunges - Side to side lunges with hop, leg crosses behind - 1 min

THEN repeat all the TRX exercises without the cardio and rest aspects but 45 sec each exercise and 15 sec transition. Cool down/stretch and repeat 2 days later.

July 2011 TRX Workout

45 seconds per exercise/15 sec transition - 15 minutes done!

1. TRX single leg squat (M) both legs
2. TRX Chest Press (L)
3. TRX crossing balance lunge (M) both legs
4. TRX Low Row (S)
5. TRX lateral lunge (M) - move side to side so 45 sec for both legs
6. TRX Kneeling Roll Out (MC)
7. TRX Hamstring Curl (MC)
8. TRX Deltoid Fly "I" (MC)
9. TRX Bicep Curl (M)
10. TRX Tricep Press - palms up (M)
11. TRX Hip Drop (side abdominal version) (M) - both sides
12. TRX Oblique Crunch (MC)

Aug 2011 TRX Workout

3 sets of 10 - rest at end of grouping 30 sec

- 1a) TRX overhead squat (M) standing facing, hands in foot cradles, pressing hard and back overhead, squat
- 1b) TRX Superman with alternating reach (L) standing facing away, hands on handles at shoulder height, body at 45 degree angle, heels lifted whole time, squat down as in TRX Front Squat but as stand up, reach one arm
- 1c) TRX Chest press Exhale lower arms to Namaste/Fly (L) - One arm does a chest press and the other reaches out to the side. Rest 30 sec.
- 2) 3 sets of 1 arm TRX Mid Row (S) - keep alternating/no rest until 3 sets done
- 3) 3 sets of TRX Abducted Lunge with rotation towards standing leg. Can add a weight in hands (i.e. Med ball)
- 4) 1 set TRX Pike 10 reps and then follow with as many pendulum swings as you can do
- 5) Collapse on the floor as usual

PLAYLIST:

My Body by Young the Giant
Dog Days Are Over by Florence + The Machine - Lungs
Not In Love (feat. Robert Smith) by Crystal Castles
Bohemian Like You by The Dandy Warhols
You Are a Tourist by Death Cab for Cutie OR
Every Teardrop is a Waterfall by Coldplay (both make nice ending for a little yoga at the end)