

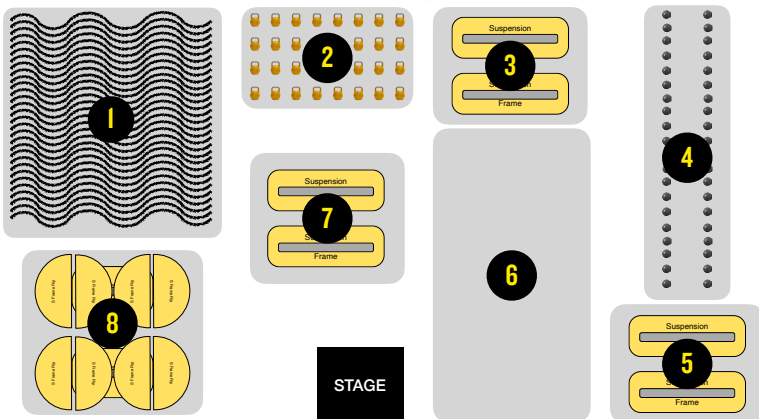
# TRX FUNCTIONAL WORKOUT

## TRAINING FOR YOUR BEST DAY



FM	EXERCISE	REPS / TIME	SETS	SET REST	TRANSITION REST	ROUNDS
	MONSTER WAVE <i>Single strand / feet rooted &amp; jumping</i>	40 sec	4	20 sec	60 sec	1
	KB OH PRESS <i>Bottom Up Press option</i>	40 sec	4	20 sec	60 sec	1
	TRX SIDE PLANK <i>Reach under option</i>	40 sec	4	20 sec	60 sec	1
	SLAM BALL PARTNER SLAM <i>Various foot positions</i>	40 sec	4	20 sec	60 sec	1
	TRX INVERTED ROW <i>Partner impacts option</i>	40 sec	4	20 sec	60 sec	1
	RESISTED CRAWL <i>Multi-directional resistance option</i>	40 sec	4	20 sec	60 sec	1
	TRX LUNGE <i>Partner load option</i>	40 sec	4	20 sec	60 sec	1
	RIP STACK <i>Cord Wobble option</i>	40 sec	4	20 sec	60 sec	1

## Session Layout



## Station I: Monster Wave

- 1) Feet Rooted
- 2) Jumping



## Station 2: KB OH Press

- 1) Standard
- 2) Bottom Up



## Station 3: TRX Side Plank

- 1) Ground Tap
- 2) Pike and Reach



## Station 4: Partner Slam Ball Slams

- 1) Bilateral
- 2) Sumo
- 3) Right Offset
- 4) Left Offset



## Station 5: TRX Inverted Row

- 1) Standard
- 2) Partner Impacts



## Station 6: Resisted Crawl

- 1) Standard
- 2) With Band Resistance



## Station 7: TRX Lunge

- 1) Supported
- 2) Standard
- 2) Partner Load



## Station 8: Rip Stack

- 1) Standard
- 2) Cord Wobble option

