



"Tear The Floor"



TRX

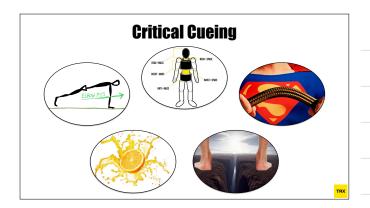
"Juice the Oranges"

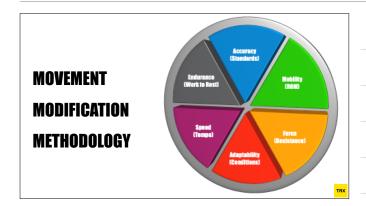


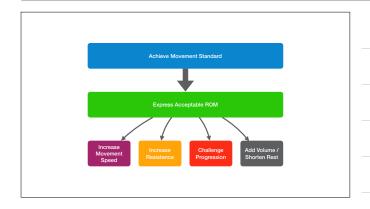
"Elbow Pits Forward"

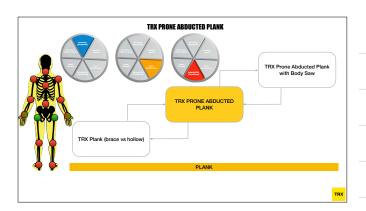


TOV

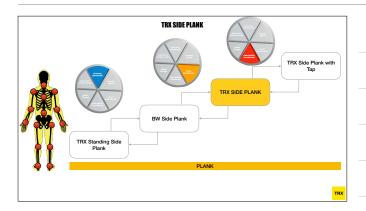




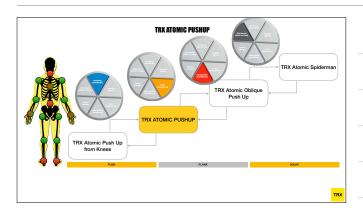




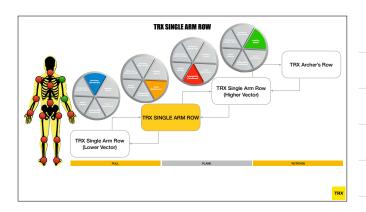
TRX Prone Abducted Plank			
Body Check What "Right" looks like	Common Fault	Swing Thought (What "Right" feels like)	
Are your ears in line with your shoulders or is your chin 'jutting' out	Loss of neck space. Head position out of alignment with neck extended toward ground	Maintain your neck space Look 3 feet in front of your hands elbows	
Should feel rock solid on the way back. If you feel your pelvis "pop" toward the ground you've gone too far	Anterior tilt of pelvis during motion	Keep the water in the bucket Apples not applesauce High tension - "Punch in the stomach" on the way back	
ls your body like a surfboard?	Elevated hips	Be as long as you can from hea to heels	
Active pressure into the ground. Do you feel like you are pushing the ground away from you.	Loss of control of shoulder girdle	Squish the oranges Tear the paper (hands) Elbow pits forward	



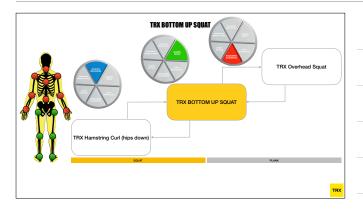
TRK SIDE PLANK TRX SIde Plank			
Are your hips in line with your shoulders and feet? Do you have a level belt line? Are your ribs hidder? Do you have a line running from ears, shoulders, hips, kness, ankles? Do you have a line from nose, chin, sternum, zipper line?	Hips are out of alignment (sagged down) with shoulders and feet at start position	Body like a surfboard	
Are your hips pressed forward?	Hips are hinged back during side plank	"Apples" not "applesauce" George Washington	
Are your ears in line with your shoulders or is your chin "jutting" out or looking down toward feet	Loss of neck space. Head position out of alignment / pressed forward	Maintain your neck space Shoulders are ear poison	
Do you have great upper body posture or are your shoulders rolled forward	Loss of Chest Mass	Tear the paper (hands vs feet) Emphasize your chest mass	
Do you feel like you are collapsing into your shoulder	Collapse into Shoulder	Shoulders are ear poison Press the ground away from you	
Are your feet stable and quiet or swinging like a pendulum	Uncontrolled Swinging	Tickle Test / Punch in the stomac Apples not applesauce George Washington	



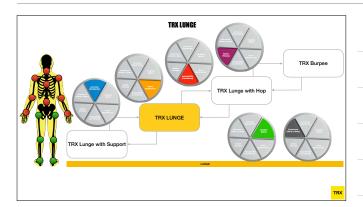
TRX ATOMIC PUSHUP TRX Atomic Pushup			
Are your ears in line with your shoulders	Loss of neck space. Head position out of alignment with neck flexed/chin dropped toward ground or looking up into extension	Maintain your neck space Look 3 feet in front of your hands/ elbows	
Are you lifting your hips when driving your knees in?	Hips do not lift when driving knees	Lift tail bone as knee comes forward	
Active pressure into the ground. Do you feel like you are pushing the ground away from you.	Loss of control of shoulder girdle	Squish the oranges Create "Lat apples" Tear the paper (hands) Elbow Pits Forward	
Are your hips firmly connected your torso? Does your body move as one?	Hips Lag During Movement	"Zip Up" your core just prior to push up Chase your plank Brace and press through the ground like Ironman using his hand repulsers	
Are you maintaining your body tension throughout the entire movement	Loss of active plank	Punch in the stomach Apples not applesauce Chase your plank TRO	



TRX SINGLE ARM ROW			
Body Check What "Right" looks like	Common Fault	Swing Thought (What "Right" feels like)	
Are your ears in line with your shoulders or is your chin pulled down or pushed forward	Loss of neck space. Head position out of alignment with neck flexed	Maintain your neck space Look 3 feet in front of your hands/elbows Hold a tennis ball under your chin Focus on a point above the anchor point	
Is your body planked? Is your core engaged? Do your hips stay in line with your heels and shoulders?	Breaking at the hips	Be as long as you can from head to heels Your body like a broomstick	
Are your shoulders down and back?	Elevating shoulder	Squish the oranges Create "Lat apples" Bend the bar	
Are you squeezing down & back at the top of the movement	Shoulder Roll/Forward Dump	Shoulders to the wall	
Are your hips firmly connected with your torso? Does your body move as one?	Hips Lag During Movement	Apples not applesauce	
Are you maintaining your body tension throughout the entire movement	Loss of active plank	Punch in the stomach Apples not applesauce Chase your plank	
Are you keeping your shoulders square to the anchor point? Are you resisting rotation at the bottom of the movement?	Allowing rotation at the bottom of the movement	Body like a surfboard	



TRX BOTTOM UP SQUAT TRX GROUND UP SQUAT Body Check What "Right" looks like Swing Thought (What "Right" feels like) Common Fault Tear the newspaper Spread the floor Spread the knees Squat between the knees Are your knees staying overtop of your feet Collapse of foot into eversion or valgus knee Are you maintaining the length in your spine at the bottom of the movement Are your hips, shoulders and head all stacked/in line? Keep the water in the bucket Don't spill the coffee Level belt line Masses and spaces Pelvic wink or posterior tilt at the bottom of the movement Loss of posture/excessive thoracic kyphotic curve (chest Mass) Squish the oranges (Create "Lat apples" Bend the bar Shoulder blades in back pockets Are your shoulders down and back? Is your butt behind your heels and your chest in front of your toes? Is your weight over your feet? Loss of lumbar lordotic curve (waist space) Maintain your waist space Ground through your feet Stay on your mid-foot Are keeping your heels on the ground? Elevated heels Is your torso angle the same as your shin angle? Are you squatting through your hips Squat through your hips Touch the chair Excessive forward lean



TRX LUNGE			
Body Check What "Right" looks like	Common Fault	Swing Thought (What "Right" feels like)	
Is your knee staying overtop of your foot	Collapse of foot into eversion or valgus knee Loss of balance	Dig a hole with your big toe Lift all toes off the ground Press your knee out against the wall	
Are you keeping your knee over your foot? Is your weight centred between your feet?	Loss of vertical shin angle / Excessive forward movement of the knee over top of foot	Elevator not an escalator Bring both legs to the party Push through your midfoot	
Are your shoulders down and back? Are your shoulders over your hips?	Loss of posture/excessive thoracic kyphotic curve Loss of chest mass	Squish the oranges Create "Lat apples" Bend the bar Shoulder blades in back pockets Maintain your waist space	
Are keeping your heels on the ground?	Elevated heel of the ground leg	Ground through your feet Push through your mid-foot	
Are your shoulders over your hips? Are you lunging through your hips	Excessive forward lean	Masses and SpacesLunge through your hips Touch the trail knee to the ground	

