

TRX Elastic Resistance Essentials



FREE STANDING MOVEMENTS



FREE STANDING MOVEMENTS

Exercise	Configuration	Recommended Band Weight
Standing Plank	Free Standing	Green / Yellow / Orange
Standing Chest Press	Free Standing	Green / Yellow / Orange
Overhead Sweep	Free Standing	Green / Yellow / Orange
Pull Downs	Free Standing	Green / Yellow / Orange
Rear Delt Fly	Free Standing	Purple / Green / Yellow
Standing Row	Free Standing	Green / Yellow / Orange
Standing Single Arm Overhead Press	Free Standing	Purple / Green / Yellow

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STEP ON MOVEMENTS



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STEP ON MOVEMENTS

Exercise	Configuration	Recommended Band Weight
Deadlift	Double Step On	Yellow / Orange / Grey
Cross Body Rows	Double Step On	Green / Yellow / Orange
Front Squat	Single Step On	Yellow / Orange / Grey
Standing OH Press	Single Step On	Purple / Green / Yellow
Squat Press	Single Step On	Green / Yellow / Orange
Standing Hammer Curls	Single Step On	Green / Yellow / Orange
Standing Triceps Press	Single Step On	Purple / Green / Yellow

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SINGLE WRAP MOVEMENTS



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SINGLE WRAP MOVEMENTS

Exercise	Configuration	Recommended Band Weight
Single Arm OH Press	Single Wrap	Purple / Green / Yellow
Reverse Lunge	Single Wrap	Green / Yellow / Orange
Single Leg Hinge	Single Wrap	Green / Yellow / Orange
Half Kneeling Landmine Press	Single Wrap	Green / Yellow / Orange
Wide Half Kneeling Ward	Single Wrap	Green / Yellow / Orange
Wide Half Kneeling Rotation	Single Wrap	Green / Yellow / Orange
Long Lunge Incline Press	Single Wrap	Green / Yellow / Orange
Long Lunge Triceps Press	Single Wrap	Purple / Green / Yellow
Standing Diagonal Chop	Single Wrap	Green / Yellow / Orange
Supine Step Up	Single Wrap	Yellow / Orange / Grey

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DOUBLE WRAP MOVEMENTS

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DOUBLE WRAP MOVEMENTS

Exercise	Configuration	Recommended Band Weight
Deadlift (offset bandit)	Double Wrap	Yellow / Orange / Grey
Sumo March	Double Wrap	Yellow / Orange / Grey
Bent Row	Double Wrap	Green / Yellow / Orange
High Pull	Double Wrap	Green / Yellow / Orange

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