

TRX[®] ESSENTIALS PROGRAM

This is a six-week training program that will build your cardio endurance, strength, core stability, and flexibility. It requires the TRX Essentials Bundle (consisting of 3 real-time workouts) and a TRX Suspension Trainer. A jump rope is also recommended, but you can substitute hopping in place if you don't have one. **All products are available at: [TRXtraining.com/shop](https://www.trxtraining.com/shop)**

WEEK 1

DAY 1

Cardio Circuit:

2 sets of jump rope,
1 set of TRX exercises

DAY 2

Flexibility:

1 set of TRX exercises

DAY 3

Strength:

1 set of TRX exercises

DAY 4

Flexibility:

1 set of TRX exercises

DAY 5

Cardio Circuit:

2 sets of jump rope,
1 set of TRX exercises

DAY 6

Flexibility:

1 set of TRX exercises

DAY 7

OFF

WEEK 2

DAY 1

Strength:

1 set of TRX exercises

DAY 2

Flexibility:

1 set of TRX exercises

DAY 3

Cardio Circuit:

2 sets of jump rope, 1
set of TRX exercises

DAY 4

Flexibility:

1 set of TRX exercises

DAY 5

Strength:

1 set of TRX exercises

DAY 6

Flexibility:

1 set of TRX exercises

DAY 7

OFF

WEEK 3

DAY 1

Cardio Circuit:

2 sets of jump rope,
1 set of TRX exercises

DAY 2

Strength:

2 sets of TRX exercises

DAY 3

Flexibility:

2 sets of TRX exercises

DAY 4

Cardio Circuit:

2 sets of jump rope,
1 set of TRX exercises

DAY 5

Strength:

2 sets of TRX exercises

DAY 6

Flexibility:

1 set of TRX exercises

DAY 7

OFF

WEEK 4

DAY 1
Strength:
2 sets of TRX exercises

DAY 2
Cardio Circuit:
2 sets of jump rope,
2 sets of TRX exercises

DAY 3
Flexibility:
2 sets of TRX exercises

DAY 4
Strength:
2 sets of TRX exercises

DAY 5
Cardio Circuit:
2 sets of jump rope,
2 sets of TRX exercises

DAY 6
Flexibility:
2 sets of TRX exercises

DAY 7
OFF

WEEK 5

DAY 1
Cardio Circuit:
3 sets of jump rope, 2
sets of TRX exercises

DAY 2
Strength:
3 sets of TRX exercises

DAY 3
Cardio Circuit:
3 sets of jump rope, 2
sets of TRX exercise

DAY 4
Flexibility:
2 sets of TRX exercises

DAY 5
Strength:
3 sets of TRX exercises

DAY 6
Cardio Circuit:
3 sets of jump rope, 2
sets of TRX exercises

DAY 7
OFF

WEEK 6

DAY 1
Strength:
3 sets of TRX exercises

DAY 2
Cardio Circuit:
3 sets of jump rope, 2
sets of TRX exercises

DAY 3
Strength:
3 sets of TRX exercises

DAY 4
Flexibility:
2 sets of TRX exercises

DAY 5
Cardio Circuit:
3 sets of jump rope,
2 sets of TRX exercises

DAY 6
Strength:
3 sets of TRX exercises

DAY 7
OFF

CARDIO CIRCUIT

During weeks one through three, follow the DVD workout exactly. During week four, add a second set of TRX exercises between each set of jump rope. During weeks five and six, add an extra set of jump rope before moving on to the two sets of TRX exercises. Keep warm up and cool down the same every week.

WARM UP

EXERCISE		TIME
Jump	Basic Bounce	10 sec
Jump	Alternate Footstep	10 sec
Jump	Side Straddle	10 sec
Jump	Forward Straddle	10 sec
Jump	Skier	10 sec
Jump	Bell	10 sec
Jump	6-Jump Combo	3 sets of 60 sec
1	TRX Squat	30 sec
2	TRX 45-Degree Row	30 sec
3	TRX Squat & Row Combo	60 sec

WORK OUT

EXERCISE		TIME
Jump	Basic Bounce & Alternate Footstep	2 sets of 30 sec
4	TRX Front Squat	30 sec
5	TRX Front Squat & Chest Press Combo	60 sec
Jump	Side Straddle & Forward Straddle	2 sets of 30 sec
6	TRX Overhead Back Extension	60 sec
7	TRX High Biceps Curl	30 sec
Jump	Skier & Bell	2 sets of 30 sec
8	TRX Chest Press (Chosen angle to steeper angle)	90 sec
Jump	Basic Bounce & High Stepping	2 sets of 30 sec
9	TRX Crossing Balance Lunge	30 sec per side
Jump	Side Straddle Wide & Forward Straddle Wide	2 sets of 30 sec
4	TRX Front Squat	30 sec
10	TRX Superman	60 sec
Jump	Deep Skier & Deep Bell	2 sets of 30 sec
11	TRX Crossover Squat	30 sec per leg

EXERCISE		TIME
Jump	Quick Basic Bounce & Quick Alternate Footstep	2 sets of 30 sec
12	TRX Lunge with Chest Fly	60 sec alt. sides
13	TRX Triceps Press	30 sec
Jump	Quick Side Straddle & Quick Forward Straddle	2 sets of 30 sec
14	TRX Swimmer’s Pull	30 sec
15	TRX Low + T + Y + I Deltoid Raise Combo	60 sec
Jump	Quick Skier & Quick Bell	2 sets of 30 sec
16	TRX Plank with Abduction	30 sec
17	TRX Mountain Climber	30 sec
18	TRX Side Plank with Dip (Right)	30 sec
17	TRX Mountain Climber	30 sec
18	TRX Side Plank with Dip (Left)	30 sec
Jump	Baseline Sprint Alternate Footstep	3 sets of 30 sec
19	TRX Hamstring Runner	30 sec
20	TRX Sit-up	30 sec
21	TRX Hip Press	30 sec
22	TRX Sit-up with Rotation	30 sec

COOL DOWN

EXERCISE		TIME
23	TRX Lower back Stretch with Rotation	30 sec per side
24	TRX Offset Hip Hinge (Right Leg Forward)	30 sec
23	TRX Lower back Stretch with Rotation	30 sec, alternating sides
24	TRX Offset Hip Hinge (Left Leg Forward)	30 sec
25	TRX Upper Back Stretch	30 sec
26	TRX Long Torso Twist Stretch	30 sec per side
27	TRX Seated Figure-4 Stretch	30 sec per side
28	TRX Seated Head-to-Knee Stretch	30 sec per side
29	TRX Chest Stretch	30 sec per leg
30	TRX Chest and Torso Stretch	30 sec per leg, alternating arms

STRENGTH

During weeks one and two, perform one set of TRX exercises, selecting your appropriate number of repetitions, and rest during the second set of TRX exercises in the DVD workout. During weeks three and four, follow the DVD workout exactly and perform two sets of TRX exercises. For weeks five and six, add another set of TRX exercises so that you perform three sets total. Keep the warm up and cool down the same every week.

WARM UP

EXERCISE		REPS
1	TRX Single Leg Hip Hinge	10 reps/leg, alternating
2	TRX Lunge Fly	10 reps/leg, alternating
3	TRX Side-Cross Side Step	10 reps/leg, alternating
4	TRX Kneeling Hip Push	10 reps/side

WORK OUT

EXERCISE		REPS
1	TRX Squat	12-16 reps
2	TRX Assisted Lunge	12-16 reps/side
3	TRX Side Lunge	12-16 reps/side
4	TRX Hamstring Bicycle	12-16 reps/leg, alternating sides
5	TRX 45-Degree Row	12-16 reps
6	TRX “W” Shoulder Fly	12-16 reps
7	TRX Chest Press/Fly Combo	12-16 reps, alternating legs
8	TRX Preacher Triceps Extension	12-16 reps
9	TRX Pronated Biceps Curl	12-16 reps
10	TRX Hip Drop	12-16 reps/side
11	TRX Prone Roll Out	12-16 reps
12	TRX Hip Raise with Abduction	12-16 reps

COOL DOWN

EXERCISE		TIME
1	TRX Standing Hip and Chest Stretch	30 sec/position
2	TRX Offset Hip Hinge	30 sec/side
3	TRX Glute Stretch	30 sec/side

FLEXIBILITY

During weeks one and two, perform one set of TRX exercises and rest during the second set of TRX exercises in the DVD workout. During weeks three through six, follow the DVD workout exactly and perform two sets of TRX exercises.

WORK OUT

EXERCISE		REPS
1	TRX Standing Hip Stretch	6 reps of 5 sec/side
2	TRX Standing Chest Stretch	30 sec/side
3	TRX Standing Side Bend Stretch	30 sec/side
4	TRX Standing Shoulder Stretch	30 sec/side
5	TRX Standing Neck Stretch	30 sec/side
6	TRX Rotating Hip and Back Stretch	<ul style="list-style-type: none">•10 sec hip drop•10 alternating rotations•10 alternating rotations with increased range of motion
7	TRX Golf Rotation to Windmill	<ul style="list-style-type: none">•10 single-arm rotations•10 single-arm rotations with a head turn•10 Golf Rotations with both arms•10 alternating Windmills
8	TRX Wide Stance Hip Hinge Stretch	<ul style="list-style-type: none">•10 sec•8 alternating lunges
9	TRX Glute Stretch	30 sec/side
10	TRX Hamstring Stretch	30 sec/side
11	TRX Kneeling Quad Stretch	30 sec
12	TRX Child’s Pose Stretch	<ul style="list-style-type: none">•30 sec•10 alternating swings

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