


TRX for Time Poor Triathletes

Phase 1

Warm up

TRX Hip Drop

TRX MID LENGTH

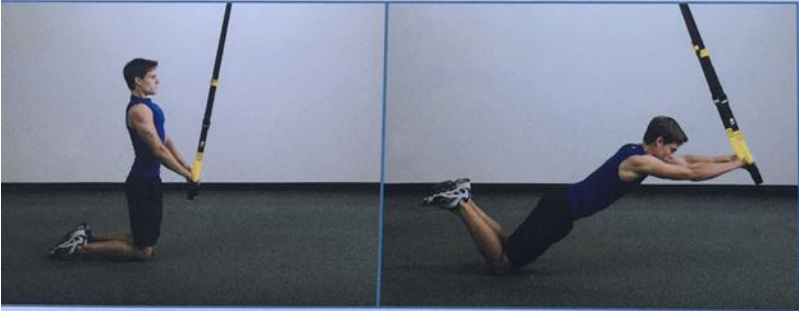


BENEFITS:
+ Strengthens obliques and increases hip mobility, while placing demands on core stabilization.

TIP:
▶ Keep chest and hips facing the same direction to keep from twisting out of alignment.

TRX Kneeling Roll-out

TRX LONG




BENEFITS:
+ Shortening the body's length by kneeling decreases the challenge and can serve as a first step toward the TRX standing roll-out.

TIP:
▶ Move slowly and with control so that all core muscles can fully engage and develop strength.

TRX Resisted Double-Leg Raise

TRX LONG



BENEFITS:
+ Promotes core stability integrated with hip movement.

TIP:
▶ Lower legs to approximately 12 inches from the ground.

TRX Suspended Single-Leg Prone Plank

TRX
LONG



+ **BENEFITS:**
Strengthens core and hips to resist rotational forces.

▶ **TIP:**
Keep hips level. Do not let floating side drop.

Main set 2 rounds

TRX Single-Leg Squat

TRX
MID
LENGTH



+ **BENEFITS:**
Allows for greater range of motion by utilizing the TRX for balance.

▶ **TIP:**
Keep heel on the ground for full leg and glute activation.

TRX Suspended Lunge

TRX
LONG



+ **BENEFITS:**
A hands-free lunge that challenges unilateral leg strength and core stabilization.

▶ **TIP:**
Keep heel on the ground and fully engage leg and glutes.

TRX Suspended Hamstring Curl (Hips Lifted)

TRX
LONG




+ **BENEFITS:**
Lifting hips adds resistance strengthens back extensors and increases strength and stability challenges to lower body and core.

▶ **TIP:**
Keep feet flexed toward shins to maximize movement.

Swimmers Pull (Please refer to video 1 min 19)

<https://www.youtube.com/watch?v=E1--eYpBE4w>

TRX Low Back Row **TRX MID LENGTH**




+ **BENEFITS:**
Strengthens back and arms in their strongest pulling position.

▶ **TIP:**
Start in a deep body angle and initiate the pull with back not arms.

Flexibility and mobility

TRX Chest Stretch **TRX MID LENGTH**



+ **BENEFITS:**
Improves posture by stretching chest, shoulders and hips.

▶ **TIP:**
To intensify stretch, take a longer step or position body farther forward from anchor point.

TRX Lower Back Stretch **TRX MID LENGTH**



+ **BENEFITS:**
Increases flexibility in lower back and hamstrings.

▶ **TIP:**
Breathe deeply and slowly to increase relaxation and allow spinal traction.

TRX Standing Figure-4 Stretch

TRX MID LENGTH



BENEFITS:

Increases flexibility in lower back, hips, glutes and hamstrings. Strengthens upper back.

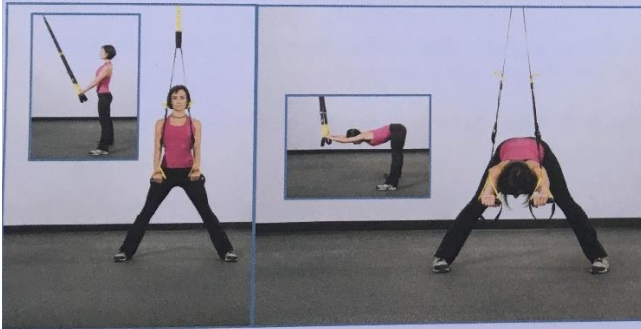


TIP:

For increased stretch, drop hips towards floor and keep upper body lengthened.

TRX Wide Stance Hip Hinge Stretch

TRX MID LENGTH



BENEFITS:

Increases hip mobility and reduces strain on hips and lower back by stretching inner thighs.



TIP:

To reduce intensity, move feet closer together and/or farther from anchor point. To intensify stretch, widen stance and/or move feet closer to anchor point.