

TRX Suspension Trainer: Basic Exercises



The TRX Suspension Trainer is a helpful tool for not only strength conditioning—but also assisted stretching and rehabilitative exercise. It is great for individuals, groups, and circuit training too.

The TRX can be mounted off a wall or suspended under the ceiling or some other appropriate rack system. All of the basic exercises below can be done with a side wall mount.

Here are ten good ones that are both safe and effective to get y'all started--Enjoy!

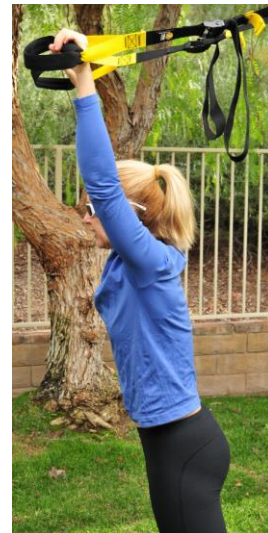
Stretching Technique: For stretching, we prefer “dynamic” or stretching that involves a sort of “prying” motion as you gently move in and out of different angles and ranges of motion. These seem to work better and feel better for most people, but if you prefer “static” stretching that holds end ranges of motion—this is fine. Please note that “static” stretching has been shown to *decrease performance* right before activity—and potentially even *increase* chance for injury. Static stretching is best done following your activity or sport event.

Safety: Read TRX instructions for details, but make sure to mount the TRX securely using proper hardware. When leaning in extreme positions, make sure to secure footing and maintain strong grip on handles. Newer TRX units have a safety strap to prevent the webbing from *side-to-side shifting*, but older units need more attention to “center” the webbing in order to prevent a side slip issue. Use proper progressions to safely perform exercises. *Do NOT get into positions with the TRX that you cannot control!* Do NOT force joints into positions they are not ready to obtain! Gently use the “pry” method *to ease in and out of various angles and positions that your body finds acceptable and appropriate for your level of ability.* *With all TRX Stretches/Strength Exercises, make sure to not overextend the lower back (excessive arch).*

STRETCHING EXERCISES

1. Leaning Overhead Stretch

- To simplify, keep both arms in same position.
- Start with overhead arms slightly wider than shoulders.
- Lean into TRX and let body “push through” beyond TRX handles as you perform the dynamic “prying-type” movements.
- Try different arm positions like 10 o’clock, 9 o’clock, etc.
- **Safety Tip:** Be sure not to force shoulders open with the high overhead reach. If you have mobility limitations, lower arms more to the side instead of going directly overhead. Find a comfortable position that works for YOUR body.



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2. Leaning Side Twist Stretch

- Using a staggered stance with diagonal arms, try this progression from the initial Leaning Overhead Stretch.
- Shift one arm overhead at angle as you lean or “twist” your back one direction, move gently in this lean direction then go back the other direction and allow the other arm to come overhead. There is no “one” position for this exercise, and both arms are not in the same place like the Overhead Leaning Stretch.
- **Safety Tip:** Ease into comfortable positions—not force. The TRX is a great tool to help you control the amount of twist and stretch.



3. Side Reach Stretch

- Stand sideways to TRX then place feet and legs together.
- Arch your body into a “Half Moon” position using a 1-hand or 2-hands grip. *Try both grips* because they will stretch your body in different ways.



4. Shoulder & Thoracic Stretch

- Face TRX with feet shoulder width apart while standing upright.
- Allow your thoracic spine (mid back) to round as your chest sinks away from TRX then push chest and spine forward while pulling shoulders together.
- To emphasize *thoracic “mid back” only*, keep shoulders set in place while you focus on the front to back spinal mobility. This is harder to do but can be very helpful as many people have lost mobility in the mid back areas due to prolonged sitting.

PHOTO
TO BE POSTED

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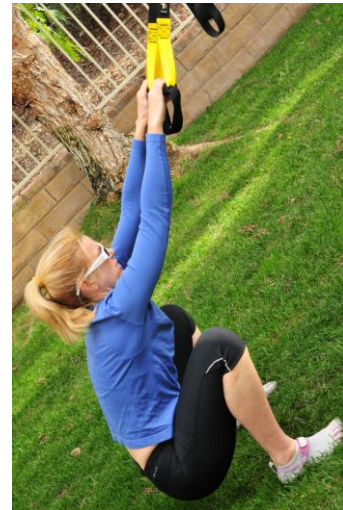
5. Back Rotation Stretch

- Face TRX with feet shoulder width. Allow torso to “sink down” as you rotate the spine in a diagonal pattern—basically twisting and rotating away from the center line.
- Move back and forth in different lines finding the positions that feel good to your body. Allow torso to rise and sink in various positions—experiment—this one feels good.



6. Squat Stretch

- Squatting is generally referred to as a “strength” exercise, but it’s also a great hip and low back stretch when using the TRX.
- Get into good squat position with feet square and about shoulder width.
- Allow arms to reach forward as the TRX guides you down while helping you to balance. Sink deeply into the squat so you get a full stretch. For added benefit, allow hips to shift slightly left and right.
- You should be able to go much deeper with a TRX-assisted squat because you won’t have to worry about balance issues. This will give you a much better stretch on your backside.



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STRENGTH EXERCISES

1. Squat

- Place feet square and about shoulder width apart.
- Bring arms and shoulders back into a “packed” position then descend into a deep squat. If you can, get your *thighs at least parallel to the floor* on the bottom position. If desired, you can also drop even deeper than parallel.
- You will be able to go much deeper with a TRX-assisted squat because you won’t have to worry about balance issues.



2. Back Row

- Place feet about shoulder-width apart. Slowly lean back as you allow arms to straighten.
- Be sure to *keep your back flat*—do not allow back to round!
- Pull or “row” yourself back to upright position as you pinch shoulders together. Keep elbows close to ribs throughout movement.
- **Safety Tip:** Make sure feet are secure and will not slip as you lean back!



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3. Leaning Chest Press

- Place feet about shoulder-width apart with arms straight, out, and down.
- While keeping core tight and back flat, lean into handles as we bring elbows back until elbows are about 90°.
- Press arms back out and down as you bring your torso back upright.
- **Safety Tip:** Do NOT allow low back to overextend (excessive arch). Make sure your feet are secure and won't slip. Be careful because you have your shoulders loaded on the bottom position—only lean forward as far as you can control. To make easier, perform press in more upright position.



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4. Leaning ABS

- Face away from TRX with knees about hip-width apart. Arms are reaching out slightly below chest level.
- Slowly allow arms to reach overhead while you press hips and torso forward—this is similar to using an “AB Wheel” to roll out and back.
- When in outstretched position with ABS loaded, press arms back down and out in front of torso into starting position.
- **Safety Tip:** Do NOT *hyperextend your low back/lumbar vertebrae!* If you feel your low back start to arch too much, stop then limit the amount of overhead reach.



More Info: Go to www.fitnessanywhere.com for more TRX info. They have many training DVDs available. There are also many TRX workouts posted on YouTube, but remember, safety first and only do what you can control.

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