

Stef's Totally Trippin' TRX Workout!!!



Get Fit
On The
Road!



Grab your TRX and mount it somewhere sturdy and safe. Go through the circuit 3 times for a full workout.

Please watch the corresponding video and read the full exercise instructions first! Find the video and written instructions at thefitrv.com; search 'printable TRX workout'.

EXERCISE 1: Pacman Front Cross-Lunge & Squat Hold



Hold squat for 3secs, and then step left foot across front of right to get in cross lunge; open arms at same time. Allow right foot to pivot on ball of foot. Return to squat hold. Do all reps, then switch to the other side. 12-15 reps per side.

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EXERCISE 2: Pushups into Calf Raise



Perform a standard TRX incline pushup and each time arms are straight, do a full range-of-motion calf raise before doing the next pushup. Do 12-15 slow, controlled reps. Keep body aligned.

EXERCISE 3: Side-faced Back Lunge into Half Moon Lean



Set TRX for single handle. Face sideways. Lunge your INSIDE leg backwards while reaching arms forward & up. Return feet together, then lean away reaching outside hand toward ground and lifting inside leg. Return feet together. Do 12-15 reps then repeat on other side. **For beginners/seniors, watch video for a gentler fwd-facing option.**

EXERCISE 4: Single Leg Squat into Warrior 3



Lower down into single leg squat, and then row with your arms to get back up. Slowly flow right into the Warrior 3 position, lifting leg behind, not locking out planted knee, and stretching arms forward. Flow right back into the single squat again, never putting moving leg down. Do 12-15 reps then repeat on other side.

EXERCISE 5: Triceps Exts into Squat Jacks



Perform triceps exts; each time arms straighten, straddle jump legs out into squat, then jump feet back together and repeat triceps exts. Continue alternating between triceps and squat jacks. 12-15 reps