



# **TRX Abs Program Guide**

**TRX 40-20 Metabolic Circuit:** *Alternate between 40 seconds of work and 20 seconds of rest for each exercise in the following five exercise circuit. Perform four total rounds for a 20 minute workout.*

Station #	Exercise Variation	Level I	Level II	Level III
1	TRX Overhead Squat Variation	TRX Assisted Squat	TRX Overhead Squat	TRX Overhead Staggered Squat
2	TRX Spider-man Push-up Variation	Progress from Push-up HOLD to TRX Suspended HOLD	TRX Spider-man Knee In	TRX Spider-man Push-up
3	TRX Low Row Drop Set Variation	Increase Body Angle	TRX Low Row Drop Set	Decrease Body Angle
4	TRX 1-Leg Hip Hinge (L) Variation	2-Arm Hip Hinge	1-Arm Hip Hinge	Running 1-Arm Hip Hinge
5	TRX 1-Leg Hip Hinge (R) Variation			

## Workout B

**TRX 60-30 Total Body Circuit:** Alternate between 60 seconds of work and 30 seconds of rest for each exercise in the following four exercise circuit followed by a 1-Minute rest and transition. Perform three total cycles for a 20 minute workout.

Station #	Exercise Variation	Level I	Level II	Level III
1	TRX Bulgarian Split Squat (L)	TRX Assisted Split Squat	TRX Bulgarian Split Squat	1.5 Tempo
2	TRX Bulgarian Split Squat ®	TRX Assisted Split Squat	TRX Bulgarian Split Squat	1.5 Tempo
3	TRX Chest Press	High Angle Chest Press	Low Angle Chest Press	Chest Press + Rollout
4	TRX Straight Leg Bridge + Curls	TRX Straight Leg Bridge	Bridge + Curl With a Reset	Continuous Curls

## Workout C

**TRX 20-10 Tabata Superset:** Alternate between 20 seconds of work and 10 seconds of rest for each exercise in the following supersets followed by a 1-minute rest and transition to the next superset station. Perform all four stations.

Station #	Exercise Variation	Level I	Level II	Level III
1	TRX Suspended Side Plank (L) TRX Suspended Side Plan (R)	TRX Side Plank ON KNEES	TRX Suspended Side Plank	Add Reach and Rotation
2	TRX Bicep Curl Variation TRX Front Plank Variation	High Body Angle High Body Angle	TRX Bicep Curl TRX Front Plank	Low Body Angle Low Body Angle + Add Body Saw
3	TRX Pistol Squat Variation (L) TRX Pistol Squat Variation (R)	TRX Staggered Squat	TRX Pistol Squat	1-Arm TRX Pistol Squat
	Kettlebell Heartbeat Walks Variation Stationary Running Variation	Decrease Load Stationary Marching	Heartbeat Walks Stationary Running	Increase Loading High Knee Stationary Runs