

TRX Workout

**Please consult with a physician before starting an exercise program*

You may have seen these strappy contraptions in your fitness centre or in your local park. The TRX is a great, adjustable piece of apparatus that allows you to suspend your body and add resistance using gravity and your body weight. Pre pandemic it was usually just personal trainers who purchased the TRX to use with their clients, but in recent times it has become more common for home gym use. A TRX sells for approximately \$225 to \$275 each and should last you a decade. There are a variety of attachments available for hooking up the TRX safely – for this workout we went to a park and looped the strap around the metal fence post. Like any workout, you should warm up and cool down.



Try this chest opening exercise as a warm-up, alternating sides, reach back. You can also bend your knees and reach back to touch the ground.

One leg squat

You can hold the straps with one hand or with two. This exercise can be challenging so try 6-8 reps per leg; rather than 12-15 in a row



Plyometric Jumps

Because the TRX can hold some of your body weight it is amazing for doing assisted plyometric jumps for cardio and for leg workouts. Try squats with feet narrow or wide. Switch lunges also work very well – jump as high as you can with a controlled landing. Alternating side lunges or alternating rear lunges work well using the TRX for balance.

TRX Row

The pullup or row is my favourite exercise to do using the TRX. Since a lot of people can not do a pullup or chin-up or hold their body weight it is perfect for easily adjusting the straps so you can hold more of your body weight. It is so important to exercise the back and core muscles and this exercise will hit both muscle groups. Change your arm placement to do a narrow arm or wide arm row





Plank Variations

It is a little tricky getting your feet into the straps but totally worth the effort to do these plank variations. You must master “stability” before “mobility”. This means – first just practise holding your body in the full plank position for at least 30 seconds before adding movement. Other exercises to try from this position:

- Push-ups, with a variety of hand placements such as narrow, wide and one hand on top of the other
- Holding the plank and moving legs together side to side,
- Knees to your chest and back to plank,
- Pulling both your knees towards one elbow with a twist and back to plank before trying the other side.



Glute Bridge to Hamstring Curl

Make sure your heels are securely in the straps and the height of the straps is comfortable for you to press with your heels into a bridge position. Do a set of glute lifts from ground to bridge to warm up. Once you can hold the bridge position add a hamstring curl. Similar to doing a hamstring ball on a physio ball, hold your body steady in the bridge position and straighten your legs out, keeping hips high, and pull the legs back to the starting position using your hamstrings. For the final combination try putting the two exercises together and performing a glute bridge left, hamstring curl and lower to the ground.

Other muscle groups and exercises

The TRX can be used for chest press, triceps overhead extensions, bicep curls and about 300 different exercises. You can also use the apparatus for stretching and improving balance. The core is always used as a stabilizer for the exercises so there is great engagement for that area.