

Arms, Abs and Assets

TRX

MOVEMENT PREP

	EXERCISE	SETS	TIME / REPS	REST	ROUNDS
1	Inchworm to Runner	1	1 min	30 sec	
2	TRX Squat to Crossing Balance Lunge	1	30 sec	30 sec	
3	TRX Alternating Clock Press	1	30 sec	30 sec	2
4	Cardio	1	30 sec	30 sec	

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ROUND #1

	EXERCISE	SETS	TIME / REPS	REST	ROUNDS
1	TRX Triceps Press (5) / TRX Chest Press (1) combo	1	1 min	20 sec	
2	TRX Biceps Curl (5) / TRX Clutch (5) combo	1	1 min	20 sec	
3	Push Up Matrix (2 regular, 2 staggered L, 2 staggered R)	1	1 min	20 sec	1
4	TRX Squat to Y Fly and TRX Squat to Biceps Curl Combo	1	1 min	20 sec	
5	Challenge Ladder - TRX Low Row / Burpee (no push up)	1	1 min	20 sec	

TRX

ROUND #2

	EXERCISE	SETS	TIME / REPS	REST	ROUNDS
1	TRX Lunge Left (Loaded or nothing)	1	45 sec	5 sec	
2	TRX Lunge Left (With Hop)	1	45 sec	20 sec	
3	TRX Lunge Right (Loaded or nothing)	1	45 sec	5 sec	2
4	TRX Lunge Right (With Hop)	1	45 sec	20 sec	
5	RD1: TRX Hamstring Curl to Hip Press RD2: Weighted Squats or Squat Jumps	1	45 sec	20 sec	

TRX

ROUND #3

	EXERCISE	SETS	TIME / REPS	REST	ROUNDS
1	V-Sit to Shoulder Stand Challenge	1	1 min	20 sec	
2	Crunch Matrix (Middle/Left/Middle/Right)	8	30 sec	10 sec	1
3	V-Sit to Shoulder Stand Challenge	1	1 min	20 sec	

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ROUND #4

	EXERCISE	SETS	TIME / REPS	REST	ROUNDS
1	TRX Low Row (5 reps)	1			
2	Jump Squat (5 reps)	1	30 sec	20 sec	10
3	Push Up (5 reps)	1			

TRX