



TRX Training Optimized

PLANK & ROTATION

STRENGTHS

- All Core All the Time
- High Level Muscle Activation

BLIND SPOTS

- Transverse Plane Movements
- Dynamic / Explosive Movement



LUNGE

STRENGTHS

- Muscular Endurance
- Conducive to Teaching Motor Control
- Ability to Unload or Assist Lunge
- Ballistic Exercises (Maximum Dynamic Load)

BLIND SPOTS

- Requires External Load
- Step Up



HINGE

STRENGTHS

- Mobility
- Movement Mechanics
- Piking exercises

BLIND SPOTS

- Requires Load
- Poor modality for hinge based performance training



PUSH

STRENGTHS

- Horizontal Pushes
- Overhead Mobility

BLIND SPOTS

- Beyond Body Weight Loading
- Vertical Push



SQUAT

STRENGTHS

- Mobility
- Movement Mechanics
- Core Activation (proximal stability)
- Cardio & Core Activation

BLIND SPOTS

- Requires Load



PULL

STRENGTHS

- Horizontal Pulls
- High Muscle Activation
- Low Compressive Forces
- Unilateral Loading
- Increased ROM
- Very easy adjustment to resistance

BLIND SPOTS

- Insufficient Load to Strength / Hypertrophy
- Vertical Pulls

