Above this line and at the top of every page is a header with the VISION logo and the full name of the VISION organization which is Visually Impaired Sailing Institute and Organization of North America, Inc.

**Blind Fitness Program**

VIP User Guide For

**TRX® Blind Workout Challenge**

# Introduction and Instructions

VISION with its Fitness Program focusing on persons with visual disabilities developed this VIP User Guide to stimulate, motivate and inspire those with visual disabilities to be more active in their lives. VISION, in honor of the 16th anniversary in 2021 of the TRX® Suspension Training System and the TRX® VIP Initiative, developed this VIP User Guide and all are invited to “see” if you have what it takes to meet the TRX® Blind Workout Challenge.

The Blind Workout Challenge is simple, easy, and quick to set up. All you need is an appropriately anchored TRX® Suspension Training® System and 10 minutes. The Blind Workout Challenge is the perfect way to break up a busy day and add some movement into the routine.

Prep: Appropriately anchor TRX® System, clear flat, good footing workout space, have floormat ready if ground is hard, warm up before beginning TRX® Blind Workout Challenge. with 2 minutes of appropriate activity( e.g., 60 seconds of TRX Squat and 60 seconds of TRX Squat Row (refer to reference guide below as needed), stay within your physical limits, and consult with your doctor as needed concerning this or any other workout program before beginning.

* TRX® Blind Challenge Workout: Pick a random number between and including 1 and 16 (try just asking your smart phone to tell you a random number between 1 and 16). Consult list below and engage in random numbered exercise for 30 seconds at appropriate user defined level. All exercises are described in the reference guide below the exercise list if additional narrative would be helpful. Repeat 9 more times, skipping random numbers generated if a random number generated has already been selected, to complete the TRX® Blind Workout Challenge of 10 random TRX® exercises at desired level. Refer to exercise reference guide below to review exercises as needed.
* Congratulate yourself for meeting the TRX® Blind Workout Challenge with an appropriate cool down stretch (e.g., TRX Hinge Stretch and / or TRX T Fly Stretch) if you wish.

# Other VIP User Guides

VISION has developed other VIP User Guides for use with TRX® Suspension Training® Systems and you are encouraged to review these other materials, especially if you are not familiar with TRX® Suspension Training® Systems. Other VIP User Guides include the following.

VIP User Guide to the TRX® Home 2 System. In the VIP User Guide for the TRX® Home 2 System, you will have access to information about the following:

* A general introduction to the TRX® Home 2 System.
* References to customer service contact information and other general resources pertaining to fitness workouts using TRX® Systems.
* A tactile tour of the TRX® Home 2 System.
* What Suspension Training® is an dhow it works.
* How to set up and anchor a TRX® System.
* What basic exercise movements are possible while using a TRX® System.
* And more.

# Quick List: Random 16 TRX Exercises

# Quick Reference Guide

# Quick List: 1 TRX Chest Press.

# Quick List: 2 TRX Supine Crunches.

# Quick List: 3 TRX Prone Plank.

# Quick List: 4 TRX High Knees.

# Quick List: 5 TRX Push Up.

# Quick List: 6 TRX Lunge.

# Quick List: 7 TRX Supine Hip Press.

# Quick List: 8 TRX Ab Roll Out.

# Quick List: 9 TRX Squat.

# Quick List: 10 TRX Deltoid Fly/Row.

# Quick List: 11 TRX Low Row.

# Quick List: 12 TRX Biceps.

# Quick List: 13 TRX Triceps.

# Quick List: 14 TRX Power Pull.

# Quick List: 15 TRX Burpee.

# Quick List: 16 TRX Hammer Throw.

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Summary List of 16 Random exercises with beginner, Intermediate and Advanced versions

# Exercise 1 TRX Chest Press, 3 versions.

1. TRX Chest Press.
   1. Beginner = TRX Chest Press Vector Angle Easy
   2. Intermediate= TRX Chest Press Vector Angle Challenging.
   3. Advanced = TRX Chest Press Vector Angle Hardest or Inverted if available.

# Exercise 2 TRX Supine Crunches, 3 versions.

1. TRX Supine Crunches
   1. Beginner = TRX Supine Sit Up / Crunch (holding handles to assist as needed).
   2. Intermediate = TRX Supine Suspended legs Crunch (knees to chest).
   3. Advanced = TRX Abducted Supine Suspended Leg Crunch (alternating knees to chest, and straight legs wide).

# Exercise 3 TRX Prone Plank, 3 versions.

1. TRX Prone Plank
   1. Beginner = TRX Prone Plank.
   2. Intermediate = TRX Prone Abducted Plank with Pike (alternating straight legs wide and Pike pose while in prone plank).
   3. Advanced = TRX Prone Plank with Pike and Crunch (alternating straight legs wide, Pike pose, and knees to chest crunch).

# Exercise 4 TRX High Knees, 3 versions.

1. TRX High Knees.
   1. Beginner = TRX High Knees Alternating Legs.
   2. Intermediate = TRX Sprinter Starts With High Knee Alternating Legs
   3. Advanced =TRX Sprinter Starts with Hop Alternating Legs.

# Exercise 5 TRX Push Up, 3 versions.

1. TRX Push Up
   1. Beginner = TRX Push Up.
   2. Intermediate = TRX Atomic Push Up.
   3. Advanced = TRX Abducted Atomic Push Up (alternating push up, knees to chest crunch, straight legs wide).

# Exercise 6 TRX Lunge, 3 versions.

1. TRX Lunge.
   1. Beginner = TRX Lunge Hands Up.
   2. Intermediate = TRX Single Leg Suspended Lunge.
   3. Advanced = TRX Single Leg Suspended Lunge with Hop.

# Exercise 7 TRX Supine Hip Press, 3 versions.

1. TRX Supine Hip Pres.
   1. Beginner = TRX Supine Hip Press.
   2. Intermediate = TRX Supine Abducted Hip Press.
   3. Advanced = TRX Supine Single Leg Abducted Hip Press With Mirroring Free leg (alternating lets).

# Exercise 8 TRX Ab Roll Out, 3 versions.

1. TRX Ab Roll Out.
   1. Beginner = TRX Kneeling Ab Roll Out (facing away)
   2. Intermediate = TRX Standing Ab Roll Out Vector Angle Challenging.
   3. Advanced = TRX Ab Roll Into Horizontal Prone Plank. .

# Exercise 9 TRX Squat, 3 versions.

1. TRX Squat.
   1. Beginner = TRX Squat.
   2. Intermediate =TRX Squat with Hop.
   3. Advanced = TRX One Leg Transverse (behind leg) Squat with Hop (alternating legs).

# Exercise 10 TRX Deltoid Fly/Row, 3 versions.

1. TRX Deltoid Fly/Row.
   1. Beginner = TRX Deltoid T Fly/Row Vector Angle Easy.
   2. Intermediate = TRX Alternating Deltoid T Fly/Row and Y Fly/Row Vector Angle Challenging. .
   3. Advanced = TRX Alternating Deltoid T Fly/Row and Deltoid Y Fly/Row Vector Angle Hardest.

# Exercise 11 TRX Low Row, 3 versions.

1. TRX Low Row.
   1. Beginner = TRX Low Row Vector Angle Easy.
   2. Intermediate =TRX Low Row Vector Angle Challenging.
   3. Advanced = TRX Low Row Vector Angle Hardest or Inverted (if available).

# Exercise 12 TRX Biceps, 3 versions.

1. TRX Biceps. .
   1. Beginner = TRX Bicep Curl to Forehead Vector Angle Easy.
   2. Intermediate = TRX Bicep Curl to Forehead Vector Angle Challenging.
   3. Advanced = TRX Alternating Bicep Curl to Forehead and Bicep Clutch to Chest Vector Angle Hardest.

# Exercise 13 TRX Triceps, 3 versions.

1. TRX Triceps.
   1. Beginner = TRX Standing Triceps Extension Vector Angle Easy.
   2. Intermediate = TRX Standing Triceps Extension Vector Angle Challenging.
   3. Advanced = TRX Triceps Kick Back.

# Exercise 14 TRX Power Pull, 3 versions.

1. TRX Power Pull.
   1. Beginner = TRX One Arm Power Pull Vector Angle Easy.
   2. Intermediate = TRX One Arm Power Pull With Rotation Vector Angle Challenging.
   3. Advanced = TRX One Arm Power Pull With Rotation Vector Angle Hardest.

# Exercise 15 TRX Burpee, 3 versions.

1. TRX Burpee.
   1. Beginner = TRX Burpee (one suspended leg, to prone plank to push up and backup, alternating legs).
   2. Intermediate = TRX Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg to push up and back up, alternating legs).
   3. Advanced = TRX Atomic Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to knees to chest crunch, to push up and back up, alternating legs).

# Exercise 16 TRX Hammer Throw, 3 versions.

1. TRX Hammer Throw.
   1. Beginner = TRX Hammer Throw Vector Angle Easy.
   2. Intermediate= TRX Hammer Throw Vector Angle Challenging.
   3. Advanced = TRX Hammer Throw Vector Angle Hardest.

Good luck with meeting the TRX® Blind Workout Challenge! See Exercise Reference Guide for detailed narrative descriptions of all exercises listed above.

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# Exercise Reference Guide

The following is a very detailed narrative discussion of the 16 basic TRX® exercises referenced in the Blind Workout Challenge. Each exercise is numbered from 1 to 16 and all 16 exercises have three versions: beginner, intermediate and advanced. To locate a given exercise, you can refer to the quick reference guide above, identify a specific exercise, and then use the find headings search feature to quickly zip to the appropriate place in this VIP User Guide. The numbering system is designed for ease of use in that each exercise has a unique number and each number is broken down into sub parts for each of the beginner, intermediate and advanced versions of the same exercise. For example, exercise 1.1 is the beginner version of exercise 1, exercise 1.2 is the intermediate version of exercise 1 and exercise 1.3 is the advanced version of exercise 1, and so on. Have fun randomly picking exercises to perform and refer to this detailed narrative when you want to learn more about each exercise.

# 1.0 Detailed Narrative: Exercise 1 TRX Chest Press.

1. Chest Press.

# 1.1 Detailed Narrative: Beginner. TRX Chest Press Vector Angle Easy

* 1. Beginner. TRX Chest Press Vector Angle Easy
     1. Name. TRX Chest Press Vector Angle Easy.
     2. Level of Difficulty Beginner. Based on vector angle.
     3. Basic Function. Chest, arms, core.
     4. TRX Movement Category. Push.
     5. Starting Orientation. SFA (Standing Facing Away from anchor)
     6. Adjustment. ML (Mid Length).
     7. Starting Position. Feet shoulder width apart flat on floor, body in standing plank with straight neck, back and legs, arms straight out in front at chest height and perpendicular to body, hands facing down holding handles, step back towards anchor to create appropriate end point vector angle. Allow ankles to flex as needed. May need to readjust position of feet after first repetition to achieve desired vector angle and load on muscles when in mid-point position.
     8. Movement =Slowly bend elbows out to sides and slowly lower chest to hands, keeping neck, back and body straight, when hands are at sides of chest with body in diagonal plank, activate core to maintain stable straight plank and activate chest muscles to press into hands to lift body and push away from hands until arms are straight again. A repetition is down and up. Keep straps away from arms to avoid rubbing against upper arms or shoulders.
     9. Return. End exercise at starting position, then walk feet away from anchor to take pressure off hands until upright.
     10. Variations.
         1. To make easier, place one foot in front of the other to help stabilize and assist with press movement and move back foot away from anchor to decrease vector angle thereby decreasing load on muscles.
         2. To make harder, step back towards anchor to increase vector angle an load on muscles.

# 1.2 Detailed Narrative: Intermediate . TRX Chest Press Vector Angle Challenging.

* 1. Intermediate= TRX Chest Press Vector Angle Challenging.
     1. Name. TRX Chest Press Vector Angle Challenging.
     2. Level of Difficulty = Intermediate. Based on vector angle.
     3. Basic Function. Chest, arms, core.
     4. TRX Movement Category. Push.
     5. Starting Orientation.
        1. SFA (Standing Facing Away from anchor for vector angles less than 90 degrees).
        2. GFA (on ground facing away from anchor for vector angles approaching 90 degrees or when hanging directly under anchor).
     6. Adjustment. FL (Full Length).
     7. Starting Position.
        1. For vector angles of less than 90 degrees, feet shoulder width apart flat on floor, body in standing plank with straight neck, back and legs, arms straight out in front at chest height and perpendicular to body, hands facing down holding handles, step back towards anchor to create appropriate end point vector angle. Allow ankles to flex as needed or be up on toes. May need to readjust position of feet after first repetition to achieve desired vector angle and load on muscles when in mid-point position.
        2. If overhead anchor option exists, starting position will be same as above, but user will be on ground, face down, arms straight down and vertical right under anchor, feet on toes in suspended prone plank pose.
     8. Movement =Slowly bend elbows out to sides and slowly lower chest to hands, keeping neck, back and body straight, when hands are at sides of chest with body in diagonal or horizontal plank, activate core to maintain stable straight plank and activate chest muscles to press into hands to lift body and push away from hands until arms are straight again. A repetition is down and up. Keep straps away from arms to avoid rubbing against upper arms or shoulders.
     9. Return. End exercise at starting position, then if standing, walk feet away from anchor to take pressure off hands until upright If hanging under overhead anchor, slowly drop to knees to take pressure off hands, pull hands back until in kneeling position, then when ready, get back to feet. Variations.
        1. To make easier, move back foot away from anchor to decrease vector angle thereby decreasing load on muscles.
        2. To make more challenging, step closer to anchor to increase vector angle. If overhead anchor option exists, user can hang from anchor with arms straight down and vertical in starting position. Take care to not exceed user limits.

# 1.3 Detailed Narrative: Advanced. . TRX Chest Press Vector Angle Hardest or Inverted.

Advanced Level. TRX Chest Press Vector Angle Hardest or Inverted if possible.

* + 1. Name. TRX Chest Press Vector Angle Hardest or Inverted if possible.
    2. Level of Difficulty. Advanced based on vector angle.
    3. Basic Function. Chest, arms, core.
    4. TRX Movement Category. Push.
    5. Starting Orientation.
       1. SFA (Standing Facing Away from anchor for vector angles less than 90 degrees).
       2. GFA (on ground facing away from anchor for vector angles of 90 degrees or more or if inverted).
    6. Adjustment. FL (Full Length).
    7. Starting Position.
       1. For vector angles of less than 90 degrees, feet shoulder width apart flat on floor, body in standing plank with straight neck, back and legs, arms straight out in front at chest height and perpendicular to body, hands facing down holding handles, step back towards anchor to create appropriate end point vector angle. Allow ankles to flex as needed or be up on toes. May need to readjust position of feet after first repetition to achieve desired vector angle and load on muscles when in mid-point position.
       2. If overhead anchor option exists, starting position will be same as above, but user will be on ground, face down, arms straight down and vertical right under anchor, feet on toes in suspended prone plank pose.
       3. If inverted option exists with sturdy box or structure under anchor, then starting position will be same as above but user will be on ground, facing away from anchor, initially on knees, before elevating feet to sturdy structure so that feet are higher than hand level, taking care not to exceed personal limits.
    8. Movement =Slowly bend elbows out to sides and slowly lower chest to hands, keeping neck, back and body straight, when hands are at sides of chest with body in diagonal, prone or inverted plank, activate core to maintain stable straight plank and activate chest muscles to press into hands to lift body and push away from hands until arms are straight again. A repetition is down and up. Keep straps away from arms to avoid rubbing against upper arms or shoulders. Take care not to exceed personal limits.
    9. Return. End exercise at starting position, then walk feet away from anchor to take pressure off hands until upright.
    10. Variations.
        1. To make easier. Place one foot in front of the other to help stabilize and assist with press movement and move back foot away from anchor to decrease vector angle thereby decreasing load on muscles.
        2. To make harder. Step closer to anchor to increase vector angle. If overhead anchor option exists, user can hang from anchor with arms straight down and vertical in starting position. If inverted option exists, increasing vector angle will increase load on muscles (greatest vector angle is 180 degrees and user will be in most challenging handstand push up position). Take care to not exceed user limits.

# 2.0 Detailed Narrative: TRX Supine Crunches

1. TRX Supine Crunches.

# 2.1 Detailed Narrative: Beginner. TRX Supine Sit Up / Crunch (holding handles to assist as needed).

* 1. Beginner. TRX Supine Sit Up / Crunch (holding handles to assist as needed).
     1. Name. TRX Supine Sit Up / Crunch.
     2. Level of Difficulty Beginner.
     3. Basic Function. Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. GF (on ground facing anchor).
     6. Adjustment. FL (full length).
     7. Starting Position. On ground, feet shoulder width apart near anchor, feet flat on ground, legs bend to 90 degrees, hips, back and head on ground, hands facing each other holding handles, arms straight or slightly bent based on precise strap length to body position, arms holding handles between knees. Essentially a pre-sit-up, pre-crunch position.
     8. Movement. Engage core, keep back and neck straight, shoulders back, as you squeeze abdominals to hinge at the hip and lift shoulders off ground 2- 3 inches / 5cm-7cm , pulling with hands towards chest only to the extent needed to assist with lifting shoulders off ground and only after engaging abdominals. Hold crunch position for 1 second, then lower shoulders back to ground focusing on abdominals to control the descent, again using hand holds only as needed to assist, stabilize, and control descent.
     9. Return Relax abdominals, let go of handles, roll to either side and get up.
     10. Variations.
         1. To make easier, Use handles to pull shoulders off ground.
         2. To Make Harder. Only lightly hold handles and do not pull towards chest when lifting shoulders off ground.

# 2.2 Detailed Narrative: Intermediate. TRX Supine Suspended legs Crunch (knees to chest).

* 1. Intermediate. TRX Supine Suspended legs Crunch (knees to chest).
     1. Name. TRX Supine Suspended legs Crunch (knees to chest). Similar to TRX hamstring Curl, but focus is on knees to chest instead of heels to Glutes. .
     2. Level of Difficulty Intermediate to advanced based on time in position .
     3. Basic Function. Core, Glutes, legs.
     4. TRX Movement Category. Plank, Pull.
     5. Starting Orientation. GF (on ground facing anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position. On ground, legs straight, hips, back, head on ground, arms placed to sides at 45 degree angle from body with palms up, heels of feet in foot cradles positioned to hang under anchor but, if relevant, 6 inches / 15cm away from wall.
     8. Movement. Squeeze glutes, engage core, and drive heels down and into foot cradles keeping legs straight, lift hips off floor creating a supine plank between heels and shoulders, which will create tension in legs, glutes, back and hips. Hold supine plank pose for 1 second, then keeping pressure on heels, activate hips and quads, bend knees and drive knees towards chest, keeping hips off ground, and hold at apex of crunch for 1 second with knees toward chest, hips off ground, and weight on heels and shoulders. Then, allow legs to straighten back into supine plank position with tension in legs, glutes, hips and back. One repetition is 1 second of supine plank pose and 1 second of apex of supine crunch pose, ending when back into supine plank pose.
     9. Return Lower hips to floor, relaxing legs, glutes hips, and back. Release heels from foot cradles, roll to either side and get up.
     10. Variations.
         1. To make easier, Hold supine plank and apex of crunch poses for less time and / or perform fewer repetitions. Not pushing feet apart as wide in abducted supine plank pose and / or not pulling knees to chest as far during crunch should make easier.
         2. To Make Harder. Hold supine plank and apex of crunch poses for longer than 1 second and / or perform more repetitions. Also pushing feet farther apart in abducted supine plank pose and / or pulling knees higher to chest during crunch should make harder.

# 2.3 Detailed Narrative: Advanced. TRX Abducted Supine Suspended Leg Crunch (alternating knees to chest, and straight legs wide).

* 1. Advanced. TRX Abducted Supine Suspended Leg Crunch (alternating knees to chest, and straight legs wide).
     1. Name. TRX Abducted Supine Suspended Leg Crunch (alternating knees to chest, and straight legs wide). May also be known at TRX Abducted Supine Slow Motion Mountain Climbers.
     2. Level of Difficulty Intermediate to advanced based on time and repetitions.
     3. Basic Function. Core, Hips, Glutes, Legs.
     4. TRX Movement Category. Plank, Push, Pull.
     5. Starting Orientation. GF (on ground facing anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position. On ground, legs straight, hips, back, head on ground, arms placed to sides at 45 degree angle from body with palms up, heels of feet in foot cradles positioned to hang under anchor but, if relevant, 6 inches / 15cm away from wall, making sure space to either side of feet is clear to swing feet and legs out on either side.
     8. Movement. Squeeze glutes, engage core, and drive heels down and into foot cradles keeping legs straight, lift hips off floor creating a supine plank between heels and shoulders, which will create tension in legs, glutes, back and hips. Hold supine plank pose for 1 second, then keeping pressure on heels, push legs and feet apart to between hips and shoulders width apart, and hold abducted pose for 1 second, then allow feet to come back together under control, hold supine plank position for 1 second, then engage right hip and quad, bend right knee and drive right knee towards chest, keeping hips off ground, hold at apex of right leg crunch for 1 second with right knee toward chest, hips off ground, and weight on heels and shoulders, then allow right leg to straighten back into supine plank position with tension in legs, glutes, hips and back, hold supine plank position for 1 second, then repeat one leg crunch movement with left leg, activating left hip and quad, bend left knee, driving left knee towards chest, holding apex of left leg crunch for 1 second, then allowing left leg to straighten back into supine plank position. One repetition is 1 second of supine plank pose, 1 second of abducted supine plank pose, 1 second of supine plank pose, 1 second of right leg crunch pose, 1 second of supine plank pose, 1 second of left leg crunch pose, ending back in the supine plank pose, a 6 second sequence plus pose transition time.
     9. Return Lower hips to floor, relaxing legs, glutes hips, and back. Release heels from foot cradles, roll to either side and get up.
     10. Variations.
         1. To make easier, Hold supine plank, apex of abducted plank, and apex of one leg crunch poses for less time and / or perform fewer repetitions. Not pushing feet apart as wide in abducted supine plank pose and / or not pulling knees to chest as far during crunch should make easier.
         2. To Make Harder. Hold supine plank, apex of abducted plank, and apex of one leg crunch poses for more than 1 second each and / or perform more repetitions. Also pushing feet farther apart in abducted supine plank pose and / or pulling knees higher to chest during crunch should make harder.

# 3.0 Detailed Narrative: TRX Prone Plank

1. TRX Prone Plank

# 3.1 Detailed Narrative: Beginner. TRX Prone Plank

* 1. Beginner = TRX Prone Plank.
     1. Name. TRX Prone Plank.
     2. Level of Difficulty Beginner to Intermediate based on plank style and time in position.
     3. Basic Function. Core, Glutes.
     4. TRX Movement Category. Plank.
     5. Starting Orientation. GFA (on ground facing away from anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position.
        1. For High Plank. On hands and knees facing away from anchor, feet in foot cradles, hands shoulder width apart, palms flat on floor, fingers pointed away from anchor, arms straight elbows extended. Knees and legs together.
        2. For Forearm Plank. On elbows/forearms and knees facing away from anchor, feet in foot cradles, elbows shoulder width apart directly under shoulders, forearms angled slightly in from elbows, hands resting on floor facing each other, knees, and legs together.
     8. Movement. Activate core, raise knees off the ground, align knees, hips, shoulders and head in straight line, legs together, supporting weight on hands or elbows and feet, bracing / engaging core and actively squeezing glutes. Hold for time.
     9. Return Lower knees down to the ground and relax the core, remove feet from cradles, roll to either side and get up.
     10. Variations.
         1. To make easier, Use elbows / forearm plank style and hold pose for less time.
         2. To Make Harder. Use high plank position and hold pose for longer time. Also, can add a right then left repeating hip rotation keeping shoulders still to make harder.

# 3.2 Detailed Narrative: Intermediate. TRX Prone Abducted Plank with Pike (alternating straight legs wide.

* 1. Intermediate. TRX Prone Abducted Plank with Pike (alternating straight legs wide and Pike pose while in prone plank).
     1. Name. TRX Prone Abducted Plank with Pike (alternating straight legs wide and Pike pose while in prone plank).
     2. Level of Difficulty Intermediate to advanced based on poses and time in position.
     3. Basic Function. Core, Hips, Glutes.
     4. TRX Movement Category. Plank, Push, Pull.
     5. Starting Orientation. GFA (on ground facing away from anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position. For High Plank. On hands and knees facing away from anchor, feet in foot cradles, hands shoulder width apart, palms flat on floor, fingers pointed away from anchor, arms straight elbows extended. Knees and legs together.
     8. Movement. Activate core, raise knees off the ground, align knees, hips, shoulders and head in straight line, legs together, supporting weight on hands and feet, bracing / engaging core and actively squeezing glutes. Hold prone plank for 1 second, then activate hips to push feet apart to between hips and shoulder width apart and hold for 1 second, then bring feet back together and hold prone plank again for 1 second, then activate core and glutes and raise up into pike position by raising hips up into upside down V with straight legs and straight back), hold at apex of pike position for 1 second, then lower back into prone plank position, a 4 second sequence with pose transition time.
     9. Return. From prone plank position lower knees down to the ground and relax the core, remove feet from cradles, roll to either side and get up.
     10. Variations.
         1. To make easier, Perform fewer sequence repetitions.
         2. To Make Harder. Push feet farther apart while in abducted plank pose, hold each pose for longer time, perform more repetitions.

# 3.3 Detailed Narrative: Advanced. TRX Prone Plank with Pike and Crunch (alternating straight legs wide.

* 1. Advanced. TRX Prone Plank with Pike and Crunch (alternating straight legs wide, Pike pose, and knees to chest crunch).
     1. Name. TRX Prone Plank with Pike and Crunch (alternating straight legs wide, Pike pose, and knees to chest crunch).
     2. Level of Difficulty Advanced based on poses and time in position.
     3. Basic Function. Core, Hips, Glutes.
     4. TRX Movement Category. Plank, Push, Pull.
     5. Starting Orientation. GFA (on ground facing away from anchor).
     6. Adjustment. MC to ML (mid-calf to mid-length).
     7. Starting Position. High Plank Style. On hands and knees facing away from anchor, feet in foot cradles, hands shoulder width apart, palms flat on floor, fingers pointed away from anchor, arms straight elbows extended. Knees and legs together.
     8. Movement. Activate core, raise knees off the ground, align knees, hips, shoulders and head in straight line, legs together, supporting weight on hands and feet, bracing / engaging core and actively squeezing glutes. Hold prone plank for 1 second, then activate hips to push feet apart to between hips and shoulder width apart and hold for 1 second, then bring feet back together and hold prone plank again for 1 second, then activate core and glutes and raise up into pike position by raising hips up into upside down V with straight legs and straight back), hold at apex of pike position for 1 second, then lower back into prone plank position for 1 second, then activate hips, quads, and glutes, bend knees and drive knees to forward to chest and hold at apex of crunch for 1 second, then extend legs back into prone plank position, a 6 second sequence with pose transition time.
     9. Return. From prone plank position lower knees down to the ground and relax the core, remove feet from cradles, roll to either side and get up.
     10. Variations.
         1. To make easier, Perform fewer sequence repetitions.
         2. To Make Harder. Push feet farther apart while in abducted plank pose, hold each pose for longer time, perform more repetitions.

# 4.0 Detailed Narrative: TRX High Knees.

1. TRX High Knees.

# 4.1 Detailed Narrative: Beginner. TRX High Knees Alternating Legs.

* 1. Beginner. TRX High Knees Alternating Legs.
     1. Name. TRX High Knees Alternating Legs.
     2. Level of Difficulty Beginner.
     3. Basic Function. Legs, glutes.
     4. TRX Movement Category. Lunge.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. FL (full length).
     7. Starting Position. Feet shoulder width apart, hands on handles with straps under each arm, hands facing each other, wrists at side of chest, body in standing plank pose with feet, hips, shoulders and head in straight line, feet positioned in relation to anchor to create desired vector angle so appropriate body weight is on handles.
     8. Movement. With weight on the balls of feet, activate right quad and glute to drive right knee towards chest and hold right high knee position at apex for 1 second, then lower right knee and activate left quad and glute to drive left knee towards chest and hold left high knee position at apex for 1 second, then lower left knee and repeat with alternating legs. One repetition is a sequence with one right knee drive and one left knee drive.
     9. Return. Step forward to take weight off hands, lower straps.
     10. Variations.
         1. To make easier. Modify vector angle so less weight is on handles. Perform fewer repetitions. .
         2. To Make Harder. Modify vector angle so more weight is on handles. Drive knees higher. Perform fewer repetitions. .

# 4.2 Detailed Narrative: Intermediate. TRX Sprinter Starts With High Knee Alternating Legs

* 1. Intermediate. TRX Sprinter Starts With High Knee Alternating Legs
     1. Name. TRX Sprinter Starts With High Knee Alternating Legs
     2. Level of Difficulty Intermediate.
     3. Basic Function. Legs, glutes.
     4. TRX Movement Category. Lunge.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. FL (full length).
     7. Starting Position. Feet shoulder width apart, hands on handles with straps under each arm, hands facing each other, wrists at side of chest, body in standing plank pose with feet, hips, shoulders and head in straight line, feet positioned in relation to anchor to create desired vector angle of approximately 45 degrees so appropriate body weight is on handles.
     8. Movement. With weight on handles and the balls of feet, step back with right foot into a backwards lunge bending left knee but not allowing left knee to move forward of toes, right knee dropping to just above ground, right foot centered on anchor line, with both heels elevated. User will feel like they are hanging from straps in a crouched position as if they are ready to start a running race. Place body weight on left foot, activate quads and glutes to explode off left foot, driving right knee up and towards chest , extending left leg into straight position, ending in a strong standing plank with high right knee, hold at apex of high right knee for 1 second, then lower right leg to ground at starting position, then repeat with other leg. One repetition is one right knee sprinter start drive and one left knee sprinter start drive.
     9. Return. Step forward to take weight off hands, lower straps.
     10. Variations.
         1. To make easier. Modify vector angle so less weight is on handles. Perform fewer repetitions. .
         2. To Make Harder. Modify vector angle so more weight is on handles. Drive knees higher. Perform more repetitions. .

# 4.3 Detailed Narrative: Advanced. TRX Sprinter Starts with Hop Alternating Legs.

* 1. Advanced. TRX Sprinter Starts with Hop Alternating Legs.
     1. Name. TRX Sprinter Starts with Hop Alternating Legs.
     2. Level of Difficulty Advanced.
     3. Basic Function. Legs, glutes.
     4. TRX Movement Category. Lunge.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. FL (full length).
     7. Starting Position. Feet shoulder width apart, hands on handles with straps under each arm, hands facing each other, wrists at side of chest, body in standing plank pose with feet, hips, shoulders and head in straight line, feet positioned in relation to anchor to create desired vector angle of approximately 45 degrees so appropriate body weight is on handles.
     8. Movement. With weight on handles and the balls of feet, step back with right foot into a backwards lunge bending left knee but not allowing left knee to move forward of toes, right knee dropping to just above ground, right foot centered on anchor line, with both heels elevated. User will feel like they are hanging from straps in a crouched position as if they are ready to start a running race. Place body weight on left foot, activate quads and glutes to explode off left foot, driving right knee up and towards chest , left foot hopping off ground and forward a few inches / 10cm, landing on left leg which extends into straight position, ending in a strong standing plank with high right knee, hold at apex of high right knee for 1 second, then lower right leg to ground at starting position, then repeat with other leg. One repetition is one right knee sprinter start drive with left leg hop and one left knee sprinter start drive with right leg hop. .
     9. Return. Step forward to take weight off hands, lower straps.
     10. Variations.
         1. To make easier. Modify vector angle so less weight is on handles. Perform fewer repetitions. . Take smaller hop.
         2. To Make Harder. Modify vector angle so more weight is on handles. Drive knees higher. Hop higher. Perform more repetitions. .

# 5.0 Detailed Narrative: TRX Push Up.

1. TRX Push Up

# 5.1 Detailed Narrative: Beginner. TRX Push Up.

* 1. Beginner. TRX Push Up.
     1. Name. TRX Push Up.
     2. Level of Difficulty Beginner.
     3. Basic Function. Core, Chest, Arms, Glutes.
     4. TRX Movement Category. Plank, Push.
     5. Starting Orientation. GFA (on ground facing away from anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position. On hands and knees facing away from anchor, feet in foot cradles, hands shoulder width apart, palms flat on floor, fingers pointed away from anchor, arms straight elbows extended. Knees and legs together.
     8. Movement. Activate core, raise knees off the ground, align knees, hips, shoulders and head in straight line, legs together, supporting weight on hands or elbows and feet, bracing / engaging core and actively squeezing glutes in strong plank position. Press heels back into handles, Activate glutes and push heels away from each other so feet are shoulder width apart, engage core and lower active plank to the ground by ending elbows and lowering chest to ground while keeping feet pressed apart and glutes squeezed tight, then drive through hands, activating chest, extending arms back up into strong plank position. One repetition is plank, down, up.
     9. Return Bring feet together, lower knees down to the ground and relax the core, remove feet from cradles, roll to either side and get up.
     10. Variations.
         1. To make easier. Perform fewer repetitions. ,
         2. To Make Harder. Perform more repetitions.

# 5.2 Detailed Narrative: Intermediate. TRX Atomic Push Up.

* 1. Intermediate. TRX Atomic Push Up.
     1. Name. TRX Atomic Push Up.
     2. Level of Difficulty Intermediate to advanced based on repetitions.
     3. Basic Function. Core, Chest, Arms, Glutes.
     4. TRX Movement Category. Plank, Push, pull.
     5. Starting Orientation. GFA (on ground facing away from anchor).
     6. Adjustment. MC to ML (mid-calf to mid-length).
     7. Starting Position. On hands and knees facing away from anchor, feet in foot cradles, hands shoulder width apart, palms flat on floor, fingers pointed away from anchor, arms straight elbows extended. Knees and legs together.
     8. Movement. Activate core, raise knees off the ground, align knees, hips, shoulders and head in straight line, legs together, supporting weight on hands and feet, bracing / engaging core and actively squeezing glutes in strong plank position. Hold plank position for 1 second, then press heels back into handles, Activate glutes and push heels away from each other so feet are shoulder width apart, engage core and lower active plank to the ground by bending elbows and lowering chest to ground while keeping feet pressed apart and glutes squeezed tight, then drive through hands, activating chest, extending arms back up into strong plank position bringing feet back together, hold plank for 1 second, then activate hips, quads, glutes to drive knees towards chest making sure to lift hips to perform face down crunch, hold crunch position for 1 second,thenstraight out back into plank position. One repetition is plank, feet apart, down, up, feet together, plank, crunch, plank. .
     9. Return Bring feet together, lower knees down to the ground and relax the core, remove feet from cradles, roll to either side and get up.
     10. Variations.
         1. To make easier. Perform fewer repetitions. ,
         2. To Make Harder. Perform more repetitions.

# 5.3 Detailed Narrative: Advanced. TRX Abducted Atomic Push Up (alternating push up, knees to chest crunch, straight legs wide).

* 1. Advanced. TRX Abducted Atomic Push Up (alternating push up, knees to chest crunch, straight legs wide).
     1. Name. TRX Abducted Atomic Push Up (alternating push up, knees to chest crunch, straight legs wide).
     2. e to advanced based on poses and repetitions.
     3. Basic Function. Core, Chest, Hips, , Arms, Glutes.
     4. TRX Movement Category. Plank, Push, pull.
     5. Starting Orientation. GFA (on ground facing away from anchor).
     6. Adjustment. MC to ML (mid-calf to mid-length).
     7. Starting Position. On hands and knees facing away from anchor, feet in foot cradles, hands shoulder width apart, palms flat on floor, fingers pointed away from anchor, arms straight elbows extended. Knees and legs together.
     8. Movement. Activate core, raise knees off the ground, align knees, hips, shoulders and head in straight line, legs together, supporting weight on hands and feet, bracing / engaging core and actively squeezing glutes in strong plank position. Hold plank position for 1 second, then press heels back into handles, Activate glutes and push heels away from each other so feet are wider than shoulder width apart and hold for 1 second, then bring feet back to shoulder width apart, hold active plank for 1 second, then engage core and lower active plank to the ground by bending elbows and lowering chest to ground while keeping feet pressed shoulder width apart and glutes squeezed tight, then drive through hands, activating chest, extending arms back up into strong plank position bringing feet back together, hold plank for 1 second, then activate hips, quads, glutes to drive knees towards chest making sure to lift hips to perform face down crunch, hold crunch position for 1 second, then straighten out back into strong plank position. One repetition is plank, feet wide apart, plank, down, up, feet together, plank, crunch, plank. .
     9. Return Bring feet together, lower knees down to the ground and relax the core, remove feet from cradles, roll to either side and get up.
     10. Variations.
         1. To make easier. Perform fewer repetitions. ,
         2. To Make Harder. Perform more repetitions.

# 6.0 Detailed Narrative: TRX Lunge.

1. TRX Lunge.

# 6.1 Detailed Narrative: Beginner. TRX Lunge Hands Up.

* 1. Beginner. TRX Lunge Hands Up.
     1. Name. TRX Lunge Hands Up
     2. Level of Difficulty Beginner.
     3. Basic Function. Legs, Glutes.
     4. TRX Movement Category. Lunge.
     5. Starting Orientation. SFA (Standing facing away from anchor).
     6. Adjustment. MC (mid-calf)
     7. Starting Position. Feet hip width apart about a step away from anchor, hands palms down holding handles at sides of hips, arms straight down and in line with body, body standing straight.
     8. Movement. Several movements will happen at same time and all should be performed under control. Keeping back and arms straight, but getting ready to pivot arms forward at shoulders, take a large step forward with right leg placing right foot flat on ground centered on anchor, As you step forward, push hands forward to arc up keeping tension on straps until hands are above head when body is in lowest position with straight arms, As you take step forward with right foot, begin to drop body down maintaining straight back as you drop, right knee will bend and remain directly above right ankle, not allowing right knee to move forward of right ankle, drop left knee straight down after step by bending and lowering left knee down to just above the ground, allowing left ankle to flex and heel to come off ground. When at bottom of lunge step, activate left glute and right quad to drive feet down and extend legs to lift body back up to straight standing position, allowing hands with straight arms to arc back down to sides of body. Then repeat movement taking forward step with left foot. One repetition is one lunge forward step with right foot hands up, and one lunge step with left foot hands up, ending in standing position.
     9. Return. When in standing position, let go of handles.
     10. Variations.
         1. To make easier. Do not drop body as far to the ground. Perform fewer repetitions. .
         2. To Make Harder. Drop back knee as close to ground as possible and slow down movement of entire lunge step to place load on muscles for longer period of time per step. Perform more repetitions.

# 6.2 Detailed Narrative: Intermediate. TRX Single Leg Suspended Lunge.

* 1. Intermediate. TRX Single Leg Suspended Lunge.
     1. Name. TRX Single Leg Suspended Lunge.
     2. Level of Difficulty. Intermediate.
     3. Basic Function. Legs, Glutes.
     4. TRX Movement Category. Lunge.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. MC (mid-calf). May need chair or other sturdy structure to the right or left of anchor to assist with balance, as needed.
     7. Starting Position. Take two steps away from anchor point, as needed, place a hand on chair or other sturdy structure just to the right or left of, but not in front, of where standing, to assist with balance as needed, bend right knee and place right foot in foot cradle, top of foot down, center right shoulder with anchor point, left leg and body is straight, left foot is flat on ground.
     8. Movement. Under control, keeping back straight, balancing on left leg, lower body by bending left knee, pushing right knee back and lowering right knee with right foot in foot cradle down to just above the ground, left foot flat on floor with left knee directly above left ankle, not allowing left knee to move forward of left ankle, as body drops down, arc free straight arms forward and up so they are straight in front of shoulders and parallel to ground, noting that one hand may be on chair or other sturdy structure for balance as body drops down. When right knee is just above ground, activate glutes and left quad to drive left foot into ground, squeeze glutes to extend left leg up to straight standing position, using chair or other sturdy structure, as needed. Repeat switching to left foot in foot cradle. One repetition for a given leg is suspended knee to ground, arms in front, and back up. Switch legs after performing desired number of repetitions per leg, rather than switching each repetition, to minimize transition time.
     9. Return. When standing after a repetition, remove foot from foot cradle, holding onto chair or other sturdy structure for balance, as needed.
     10. Variations.
         1. To make easier. Do not drop as far to ground with suspended knee. Perform fewer repetitions.
         2. To Make Harder. Do not use chair or other sturdy structure as balance aid. Perform body drop in slow motion to keep load on standing leg muscles for longer period of time. Drop back suspended knee to as close to ground as possible. Perform more repetitions.

# 6.3 Detailed Narrative: Advanced. TRX Single Leg Suspended Lunge with Hop.

* 1. Advanced. TRX Single Leg Suspended Lunge with Hop.
     1. Name. TRX Single Leg Suspended Lunge with Hop.
     2. Level of Difficulty. Advanced.
     3. Basic Function. Legs, Glutes.
     4. TRX Movement Category. Lunge.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. MC (mid-calf). May need chair or other sturdy structure to the right or left of anchor to assist with balance, as needed.
     7. Starting Position. Take two steps away from anchor point, as needed, place a hand on chair or other sturdy structure just to the right or left of, but not in front, of where standing, to assist with balance as needed, bend right knee and place right foot in foot cradle, top of foot down, center right shoulder with anchor point, left leg and body is straight, left foot is flat on ground.
     8. Movement. Under control, keeping back straight, balancing on left leg, lower body by bending left knee, pushing right knee back and lowering right knee with right foot in foot cradle down to just above the ground, left foot flat on floor with left knee directly above left ankle, not allowing left knee to move forward of left ankle, as body drops down, arc free straight arms forward and up so they are straight in front of shoulders and parallel to ground, noting that one hand may be on chair or other sturdy structure for balance as body drops down. When right knee is just above ground, activate glutes and left quad to drive left foot into ground, squeeze glutes to extend left leg up and hop left foot up off ground as high as desired, carefully landing back on left foot and return to straight standing position, using chair or other sturdy structure, as needed. Repeat switching to left foot in foot cradle. One repetition for a given leg is suspended knee to ground, arms in front, drive up to a hop, then standing. Switch legs after performing desired number of repetitions per leg, rather than switching each repetition, to minimize transition time.
     9. Return. When standing after a repetition, remove foot from foot cradle, holding onto chair or other sturdy structure for balance, as needed.
     10. Variations.
         1. To make easier. Do not drop as far to ground with suspended knee. Do not hop up as high using standing leg. Perform fewer repetitions.
         2. To Make Harder. Do not use chair or other sturdy structure as balance aid. Perform body drop in slow motion to keep load on standing leg muscles for longer period of time. Drop back suspended knee to as close to ground as possible. Hop up higher off ground using standing leg. Perform more repetitions.

# 7.0 Detailed Narrative: TRX Supine Hip Pres.

1. TRX Supine Hip Pres.

# 7.1 Detailed Narrative: Beginner. TRX Supine Hip Press.

* 1. Beginner. TRX Supine Hip Press.
     1. Name. TRX Supine Hip Press.
     2. Level of Difficulty. Beginner.
     3. Basic Function. Glutes, Core.
     4. TRX Movement Category. Hinge, Plank.
     5. Starting Orientation. GF (on ground facing anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position. Place heels of feet in foot cradles, keep feet hip width apart and under anchor point, knees bent to 90 degrees and positioned over hips, arms on ground out to sides at 45 degrees from body, palms up, back and head straight and on ground.
     8. Movement. Activate glutes, engage core, and drive heels straight down into foot cradles, squeeze glutes. Lift hips up until knees, hips and shoulders are in one line, with weight on heels and shoulders. Take care not to push hips past straight line and cause back to bow up. Hold pose for 1 second, then lower hips back to ground. One repetition is up, hold, down.
     9. Return. Lower hips back down to ground under control, remove feet from foot cradles, roll to either side and get up.
     10. Variations.
         1. To make easier. Perform fewer repetitions.
         2. To Make Harder. Hold pose for longer than 1 second each repetition. Perform more repetitions.

# 7.2 Detailed Narrative: Intermediate. TRX Supine Abducted Hip Press.

* 1. Intermediate. TRX Supine Abducted Hip Press.
     1. Name. TRX Supine Abducted Hip Press.
     2. Level of Difficulty. Beginner to Intermediate.
     3. Basic Function. Glutes, Core.
     4. TRX Movement Category. Hinge, Plank.
     5. Starting Orientation. GF (on ground facing anchor).
     6. Adjustment. MC (mid-calf).
     7. Starting Position. Place heels of feet in foot cradles, keep feet hip width apart and under anchor point, knees bent to 90 degrees and positioned over hips, arms on ground out to sides at 45 degrees from body, palms up, back and head straight and on ground.
     8. Movement. Activate glutes, engage core, and drive heels straight down into foot cradles, squeeze glutes. Lift hips up until knees, hips and shoulders are in one line, with weight on heels and shoulders. Take care not to push hips past straight line and cause back to bow up. Hold pose for 1 second, then push feet apart to spread knees to shoulder width apart and hold pose for 1 second, return feet to hip width apart, hold for 1 second, then lower hips to ground. One repetition is up, hold, spread feet, hold, feet together, hold, and down.
     9. Return. Lower hips back down to ground under control, remove feet from foot cradles, roll to either side and get up.
     10. Variations.
         1. To make easier. Do not spread feet as far apart. Perform fewer repetitions.
         2. To Make Harder. Hold each pose for longer than 1 second, spread feet wider apart. Perform more repetitions.

# 7.3 Detailed Narrative: Advanced = TRX Supine Single Leg Abducted Hip Press With Mirroring Free leg (alternating lets).

* 1. Advanced = TRX Supine Single Leg Abducted Hip Press With Mirroring Free leg (alternating lets).
     1. Name. TRX Supine Single Leg Abducted Hip Press With Mirroring Free leg (alternating lets).
     2. Level of Difficulty. Intermediate to Advanced.
     3. Basic Function. Glutes, Core.
     4. TRX Movement Category. Hinge, Plank.
     5. Starting Orientation. GF (on ground facing anchor).
     6. Adjustment. MC (mid-calf)., locked into single handle configuration.
     7. Starting Position. Lock straps into single strap configuration, place right heel of right foot in single locked foot cradle, left foot is hovering off ground at same level as right foot, keep feet hip width apart and under anchor point, knees bent to 90 degrees and positioned over hips, arms on ground out to sides at 45 degrees from body, palms up, back and head straight and on ground.
     8. Movement. Activate glutes, engage core, and drive heel of right foot straight down into locked single foot cradle, squeeze glutes. Lift hips up until knees, hips and shoulders are in one line, left foot, knee, and leg mirroring right, with weight on right heel and shoulders. Take care not to push hips past straight line and cause back to bow up. Hold pose for 1 second, then push feet apart to spread knees to shoulder width apart with right leg working and left leg mirroring right, hold pose for 1 second, return feet to hip width apart, hold for 1 second, then lower hips to ground. One repetition is up, hold, spread feet, hold, feet together, hold, and down for a given leg. Repeat with left leg after performing desired number of repetitions with right leg to minimize transition time.
     9. Return. Lower hips back down to ground under control, remove feet from foot cradles, roll to either side and get up.
     10. Variations.
         1. To make easier. Do not spread feet as far apart. Perform fewer repetitions.
         2. To Make Harder. Hold each pose for longer than 1 second, spread feet wider apart. Perform more repetitions.

# 8.0 Detailed Narrative: TRX Ab Roll Out.

1. TRX Ab Roll Out.

# 8.1 Detailed Narrative: Beginner. TRX Kneeling Ab Roll Out (facing away)

* 1. Beginner. TRX Kneeling Ab Roll Out (facing away)
     1. Name. TRX Kneeling Ab Roll Out (facing away)
     2. Level of Difficulty. Beginner.
     3. Basic Function. Core.
     4. TRX Movement Category. Plank.
     5. Starting Orientation. KFA (Kneeling facing away from anchor).
     6. Adjustment. MC to FL (Mid-calf to full length).
     7. Starting Position. Kneeling, knees hip width apart, head, neck, shoulders, hips, and knees forming a straight plank, hands face down holding handles out in front of chest, arms straight and parallel to ground. Knees positioned so that appropriate vector angle is created when in arms up plank pose. May need to readjust position of knees after first repetition to achieve desired vector angle.
     8. Movement. Activate core and slowly push forward while maintaining strong plank with head, neck, shoulders, hips, and knees all in straight line, pushing hands forward and up until hands are above head and straight arms align with body plank in appropriate diagonal vector angle to anchor, hold for 1 second taking care not to push hips too far forward causing back to bow, then slowly push hands down until arms are parallel to ground position. One repetition is push out and up, hands up, hold, hands down arms parallel to ground. .
     9. Return. Walk knees out from anchor to reduce vector angle, pull hands in to body, let go of handles.
     10. Variations.
         1. To make Easier. Position knees farther away from anchor to reduce vector angle. Perform fewer repetitions.
         2. To Make Harder. Position knees closer to anchor to increase vector angle. Perform more repetitions.

# 8.2 Detailed Narrative: Intermediate. TRX Standing Ab Roll Out Vector Angle Challenging.

* 1. Intermediate. TRX Standing Ab Roll Out Vector Angle Challenging.
     1. Name. TRX Standing Ab Roll Out Vector Angle Challenging
     2. Level of Difficulty. Intermediate.
     3. Basic Function. Core.
     4. TRX Movement Category. Plank.
     5. Starting Orientation. SFA (Standing facing away from anchor).
     6. Adjustment. ML (Mid-length).
     7. Starting Position. Standing, , feet shoulder width apart flat on ground, head, neck, shoulders, hips knees and ankles forming a straight plank, hands face down holding handles out in front of chest, arms straight and parallel to ground. Feet positioned so that appropriate challenging vector angle is created when in arms up plank pose. May need to readjust position of feet after first repetition to achieve desired vector angle.
     8. Movement. Activate core and slowly push forward and up with hands while maintaining strong plank with head, neck, shoulders, hips, knees, and ankles all in straight line, pushing hands forward and up in arc until hands are above head and straight arms align with body plank in appropriate diagonal vector angle to anchor, hold for 1 second taking care not to push hips too far forward causing back to bow, then slowly push hands down until arms are parallel to ground position. One repetition is push out and up, hands up, hold, hands down arms parallel to ground. .
     9. Return. Walk feet out from anchor to reduce vector angle, pull hands in to body, let go of handles.
     10. Variations.
         1. To make Easier. Position feet farther away from anchor to reduce vector angle. Perform fewer repetitions.
         2. To Make Harder. Position feet closer to anchor to increase vector angle. Perform more repetitions.

# 8.3 Detailed Narrative: Advanced, TRX Kneeling Ab Roll Into Horizontal Prone Plank. .

* 1. Advanced, TRX Kneeling Ab Roll Into Horizontal Prone Plank. .
     1. Name. TRX Kneeling Ab Roll Into Horizontal Prone Plank. .
     2. Level of Difficulty. Advanced.
     3. Basic Function. Core.
     4. TRX Movement Category. Plank.
     5. Starting Orientation. KF (Kneeling facing anchor).
     6. Adjustment. MC (Mid-calf).
     7. Starting Position. Kneeling with knees about a body length away from anchor, knees hip width apart, head, neck, shoulders, hips, and knees forming a straight plank in a slight diagonal leaning towards anchor, hands face down holding handles directly below shoulders, straight arms, May need to readjust position of knees after first repetition to make sure user is not too close to anchor.
     8. Movement. Activate core, push down and forward on handles, slowly push forward with hands while maintaining strong plank with head, neck, shoulders, hips, and knees all in straight line, pushing hands forward and in towards anchor until horizontal plank is achieved with hands parallel to ground above head and straight arms align with body plank, taking care not to allow back to sway down or bow up. hold for 1 second taking care to maintain strong plank position, then slowly push hands down and pull them towards knees until hands are again directly under shoulders maintaining straight arms throughout. One repetition is push out and towards anchor, achieve horizontal plank, hold, then hands back to knees.
     9. Return. Let go of handles and get up.
     10. Variations.
         1. To make Easier. Perform fewer repetitions.
         2. To Make Harder. Hold horizontal plank for longer time. Perform more repetitions.

# 9.0 Detailed Narrative: TRX Squat

1. TRX Squat.

# 9.1 Detailed Narrative: Beginner. TRX Squat.

* 1. Beginner. TRX Squat.
     1. Name. TRX Squat.
     2. Level of Difficulty Beginner.
     3. Basic Function. Legs, Glutes.
     4. TRX Movement Category. Squat.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Stack elbows under shoulders, feet shoulder width apart and flat on ground, hands facing each other holding handles, body in straight line.
     8. Movement. Keeping straight back, lower upper body down pushing hips down and back as if you were sitting on a toilet, keep weight in heels, knees bend but remain directly over ankles, move with a faster pace as you lower your upper body, note that your arms will extend forward to accommodate the extra distance as you drop maintaining vertical body position from hips to shoulders . As your hips reach knee level or slightly below, drive your heels down into the ground to extend your legs to stand up straight again. One repetition is down, up, back to standing. When doing time or repetition workout, immediately sit hips back down with soft knees to repeat movement to increase cardio effect of exercise.
     9. Return. Let go of handles.
     10. Variations.
         1. To make easier. Add transition time between repetitions. Perform fewer repetitions. ,
         2. To Make Harder. Minimize transition time between repetitions. Perform more repetitions.

# 9.2 Detailed Narrative: Intermediate. TRX Jump Squat.

* 1. Intermediate. TRX Jump Squat.
     1. Name. TRX Jump Squat.
     2. Level of Difficulty Intermediate.
     3. Basic Function. Legs, Glutes.
     4. TRX Movement Category. Squat.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Stack elbows under shoulders, feet shoulder width apart and flat on ground, hands facing each other holding handles, body in straight line.
     8. Movement. Keeping straight back, lower upper body down pushing hips down and back as if you were sitting on a toilet, keep weight in heels, knees bend but remain directly over ankles, move with a faster pace as you lower your upper body, note that your arms will extend forward to accommodate the extra distance as you drop maintaining vertical body position from hips to shoulders . As your hips reach knee level or slightly below, drive your heels down into the ground to extend your legs and explosively jump off the ground as your legs and hip extend, then softly land. One repetition is down, explode up, jump, back to standing. When doing time or repetition workout, immediately sit hips back down with soft knees to repeat movement to increase cardio effect of exercise.
     9. Return. Let go of handles.
     10. Variations.
         1. To make easier. Jump lower with less force. Add transition time between repetitions. Perform fewer repetitions. ,
         2. To Make Harder. Jump higher with greater force. Minimize transition time between repetitions. Perform more repetitions.

# 9.3 Detailed Narrative: Advanced. TRX One Leg Transverse (behind leg) Squat with Hop (alternating legs).

* 1. Advanced. TRX One Leg Transverse (behind leg) Squat with Hop (alternating legs).
     1. Name. TRX One Leg Transverse (behind leg) Squat with Hop (alternating legs). May also be known as TRX Crossing Balance Jump Lunge, or TRX Curtsey Jump Squat.
     2. Level of Difficulty Advanced.
     3. Basic Function. Legs, Glutes.
     4. TRX Movement Category. Squat.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Stack elbows under shoulders, Right foot flat on ground centered on anchor, hands facing each other holding handles, body in straight line, left leg lifted up and out to left side with knee up at 90 degrees.
     8. Movement. Keeping straight back, lower upper body down on right leg pushing hips down and back as if you were sitting on a toilet, keep weight in right heel, right knee bent but remain directly over right ankle, as body drops, reach left foot behind and around right leg in a diagonal 45 degree angle lining up left knee behind right heel, Keep left foot and left knee hovering 1 inch / 2.5cm above ground, move with a faster pace as you lower your upper body, note that your arms will extend forward to accommodate the extra distance as you drop maintaining vertical body position from hips to shoulders . As your hips reach knee level or slightly below, drive your right heel down into the ground to extend your right leg and explosively jump off the ground as your right leg and hip extend, then softly land, returning to standing position with left leg out and to the left side, knee up and bent at 90 degrees. One repetition is down, swing left leg back and around right, explode up on right leg, jump, back to standing on right leg, left leg out to left side knee up and at 90 degrees. Repeat on left leg. . When doing time or repetition workout, immediately sit hips back down with soft knee to repeat movement to increase cardio effect of exercise.
     9. Return. Squeeze glutes to lower up leg to ground and let go of handles.
     10. Variations.
         1. To make easier. Jump lower with less force. Add transition time between repetitions. Perform fewer repetitions. ,
         2. To Make Harder. Jump higher with greater force. Minimize transition time between repetitions. Perform more repetitions.

# 10.0 Detailed Narrative: TRX Deltoid Fly/Row.

1. TRX Deltoid Fly/Row.

# 10.1 Detailed Narrative: Beginner. TRX Deltoid T Fly/Row Vector Angle Easy.

* 1. Beginner. TRX Deltoid T Fly/Row Vector Angle Easy.
     1. Name. TRX Deltoid T Fly/Row Vector Angle Easy. May also be known simply as TRX T Fly.
     2. Level of Difficulty Beginner.
     3. Basic Function. Arms, Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (Standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet hip to shoulder width apart, flat on ground, body in straight line, Hands facing each other holding handles, arms straight or with only a slight bend in elbows, with arms parallel to ground and out to sides at chest level so that body and arms form the letter T, body leaning back slightly to keep tension on straps and achieve the appropriate vector angle. May need to adjust position of feet after first repetition to achieve the desired vector angle. .
     8. Movement. Engage core to maintain strong plank, then under control, lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in horizontal motion, maintain active plank and tension on straps. After hands come together, squeeze shoulder blades together, pull on handles keeping arms straight or only soft bend in elbows, leading with chest keeping head and chin up, maintaining strong plank taking care not to push hips forward, pull hands apart from each other in horizontal motion until body and arms again form the letter T. One repetition is hands together, hands out.
     9. Return. Step back from anchor to release tension and let go of handles.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle being prepared to take half step forward when hands are out at sides to avoid falling forward. Greater bend in elbows will make easier. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Straighter arms will increase load on deltoid muscles. Perform more repetitions.

# 10.2 Detailed Narrative: Intermediate. TRX Alternating Deltoid T Fly/Row and Y Fly/Row Vector Angle Challenging.

* 1. Intermediate. TRX Alternating Deltoid T Fly/Row and Y Fly/Row Vector Angle Challenging.
     1. Name. TRX Alternating Deltoid T Fly/Row and Y Fly/Row Vector Angle Challenging. May also be known simply as TRX T Fly and TRX Y Fly.
     2. Level of Difficulty. Intermediate based on vector angle.
     3. Basic Function. Arms, Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (Standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet hip to shoulder width apart, flat on ground, body in straight line, Hands facing each other holding handles, arms straight or with only a slight bend in elbows, with arms parallel to ground and out to sides at chest level so that body and arms form the letter T, body leaning back to keep tension on straps and achieve the appropriate vector angle. May need to adjust position of feet after first repetition to achieve the desired vector angle. .
     8. Movement. Engage core to maintain strong plank, then under control, lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in front of chest in horizontal motion, maintain active plank and tension on straps. After hands come together, squeeze shoulder blades together, pull handles apart, keeping arms straight or only soft bend in elbows, leading with chest keeping head and chin up, maintaining strong plank taking care not to push hips forward, pull hands apart from each other in horizontal motion until body and arms again form the letter T. Then engage core to maintain strong plank and under control, again lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in front of chest in horizontal motion, maintain active plank and tension on straps. After hands come together, squeeze shoulder blades together, pull handles apart keeping arms straight or only soft bend in elbows, leading with chest keeping head and chin up, maintaining strong plank taking care not to push hips forward, pull hands up and apart from each other in upward diagonal motion until hands are diagonally above shoulders, and body and arms form the letter Y with arms 45 degrees above horizontal out at sides. Then engage core to maintain strong plank and under control, again lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in front of chest in a downward diagonal motion. One repetition starting in the T position is hands together, hands out to T position, hands together, hands out to Y position, hands together, ending in hands out to T position.
     9. Return. Step back from anchor to release tension on body, bring hands together and let go of handles.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Greater bend in elbows will make easier. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Straighter arms will increase load on deltoid muscles. Perform more repetitions.

# 10.3 Detailed Narrative: Advanced. TRX Alternating Deltoid T Fly/Row and Deltoid Y Fly/Row Vector Angle Hardest.

* 1. Advanced. TRX Alternating Deltoid T Fly/Row and Deltoid Y Fly/Row Vector Angle Hardest.
     1. Name. TRX Alternating Deltoid T Fly/Row and Y Fly/Row Vector Angle Hardest. May also be known simply as TRX T Fly and TRX Y Fly.
     2. Level of Difficulty. Advanced based on vector angle.
     3. Basic Function. Arms, Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (Standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet hip to shoulder width apart, flat on ground, body in straight line, Hands facing each other holding handles, arms straight or with only a slight bend in elbows, with arms parallel to ground and out to sides at chest level so that body and arms form the letter T, body leaning back to keep tension on straps and achieve the appropriate vector angle. May need to adjust position of feet after first repetition to achieve the desired vector angle. .
     8. Movement. Engage core to maintain strong plank, then under control, lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in front of chest in horizontal motion, maintain active plank and tension on straps. After hands come together, squeeze shoulder blades together, pull handles apart, keeping arms straight or only soft bend in elbows, leading with chest keeping head and chin up, maintaining strong plank taking care not to push hips forward, pull hands apart from each other in horizontal motion until body and arms again form the letter T. Then engage core to maintain strong plank and under control, again lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in front of chest in horizontal motion, maintain active plank and tension on straps. After hands come together, squeeze shoulder blades together, pull handles apart keeping arms straight or only soft bend in elbows, leading with chest keeping head and chin up, maintaining strong plank taking care not to push hips forward, pull hands up and apart from each other in upward diagonal motion until hands are diagonally above shoulders, and body and arms form the letter Y with arms 45 degrees above horizontal out at sides. Then engage core to maintain strong plank and under control, again lower body back and down keeping arms straight or with only a soft bend in elbows as hands come together in front of chest in a downward diagonal motion. One repetition starting in the T position is hands together, hands out to T position, hands together, hands out to Y position, hands together, ending in hands out to T position.
     9. Return. Step back from anchor to release tension on body, bring hands together and let go of handles.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Greater bend in elbows will make easier. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Straighter arms will increase load on deltoid muscles. Perform more repetitions.

# 11.0 Detailed Narrative: TRX Low Row.

1. TRX Low Row.

# 11.1 Detailed Narrative: Beginner. TRX Low Row Vector Angle Easy.

* 1. Beginner. TRX Low Row Vector Angle Easy.
     1. Name. TRX Low Row Vector Angle Easy.
     2. Level of Difficulty. Beginner based on vector angle.
     3. Basic Function. Back, Arms, Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. SL to ML (short length to mid-length).
     7. Starting Position. Feet shoulder width apart flat on ground, hands facing each other holding handles with wrists next to sides of chest, elbows bent and stacked under shoulders pointing back, feet positioned in towards anchor to create appropriate vector angle. Body in straight plank position with glutes squeezed. May need to adjust position of feet after first repetition to achieve desired vector angle. Note hands can be in three possible positions: facing each other, facing down, or facing up. For variety you can try all three in same session in some alternating pattern.
     8. Movement. Engage core and Lower body back and down by extending elbows while maintaining plank until elbows are fully extended with arms straight in front of chest. Then squeeze shoulder blades together, pulling your arms back in towards your chest. One repetition is back and down, then up. If you add the variety of three different hand positions, a full repetition could be hands facing each other, down, up, hands facing down, down, up, hands facing up, down, up.
     9. Return. Step away from anchor to release tension on straps, drop hands and let go of handles.
     10. Variations.
         1. To make easier, Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions.

# 11.2 Detailed Narrative: Intermediate =TRX Low Row Vector Angle Challenging.

* 1. Intermediate =TRX Low Row Vector Angle Challenging.
     1. Name. TRX Low Row Vector Angle Challenging.
     2. Level of Difficulty. Intermediate based on Challenging vector angle.
     3. Basic Function. Back, Arms, Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet shoulder width apart flat on ground, hands facing each other holding handles with wrists next to sides of chest, elbows bent and stacked under shoulders pointing back, feet positioned in towards anchor to create appropriate challenging vector angle. Body in straight plank position with glutes squeezed. May need to adjust position of feet after first repetition to achieve desired vector angle. Note hands can be in three possible positions: facing each other, facing down, or facing up. For variety you can try all three in same session in some alternating pattern.
     8. Movement. Engage core and Lower body back and down by extending elbows while maintaining plank until elbows are fully extended with arms straight in front of chest. Then squeeze shoulder blades together, pulling your arms back in towards your chest. One repetition is back and down, then up. If you add the variety of three different hand positions, a full repetition could be hands facing each other, down, up, hands facing down, down, up, hands facing up, down, up.
     9. Return. Step away from anchor to release tension on straps, drop hands and let go of handles.
     10. Variations.
         1. To make easier, Step away from anchor to decrease vector angle. Use only one hand position with hands facing each other. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Use all three hand positions in alternating pattern. Perform more repetitions.

# 11.3 Detailed Narrative: Advanced. TRX Low Row Vector Angle Hardest, Hanging or Inverted.

* 1. Advanced. TRX Low Row Vector Angle Hardest, Hanging or Inverted.
     1. Name. TRX Low Row Vector Angle Hardest, Hanging or Inverted.
     2. Level of Difficulty. Advanced based on vector angle.
     3. Basic Function. Back, Arms, Core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor). If overhead anchor option exists, starting position may be GF (on ground facing anchor from underneath). If inverted option exists, starting position could be GF (on ground facing anchor with sturdy foot support structure under anchor point).
     6. Adjustment. FL to OS (full length for Standing Option, Over Short Length to standing hip level for hanging or Inverted Options).
     7. Starting Position.
        1. Standing Option. Feet shoulder width apart flat on ground, hands facing each other holding handles with wrists next to sides of chest, elbows bent and stacked under shoulders pointing back, feet positioned in towards anchor to create appropriate challenging vector angle. Body in straight plank position with glutes squeezed. May need to adjust position of feet after first repetition to achieve desired vector angle.
        2. Hanging Option. Position body on ground under anchor, straps in OS adjustment to allow full arm extension so body can hang under anchor without back touching ground, Start in sitting position holding handles then walk feet under anchor point lining chest up directly below anchor, arms should be straight and aligned with vertically hanging straps, Feet are flat on ground, hips are up in a table top position with shoulders slightly below hip line, head, shoulders, hips and knees in an active plank with glutes engaged as you hang from straps.
        3. Non Hanging Inverted Option. Position body on ground facing anchor, straps in OS adjustment to allow full arm extension so body can hang off anchor without back touching ground. Start in sitting position holding handles, then walk feet toward anchor and place them atop the sturdy box or other structure, resting heels on sturdy box or other structure under anchor point allowing feet to elevate to level higher than handles, hands facing each other, arms fully extended, body off ground in strong head, shoulders, hips, knees, and ankle plank position with glutes squeezed, weight on heels and hands as you hang from straps with vector angle greater than 90 degrees.
        4. Note hands can be in three possible positions: facing each other, facing down, or facing up. For variety you can try all three in same session in some alternating pattern.
     8. Movement.
        1. Standing Option. Engage core and Lower body back and down by extending elbows while maintaining plank until elbows are fully extended with arms straight in front of chest. Then squeeze shoulder blades together, pulling your arms back in towards your chest. One repetition is back and down, then up. If you add the variety of three different hand positions, a full repetition could be hands facing each other, down, up, hands facing down, down, up, hands facing up, down, up.
        2. Hanging or Inverted Options. Engage core, squeeze shoulder blades, drive elbows down and pull body up towards hands until wrists are at sides of chest, elbows bent and pointing down, under control and maintaining strong plank, lower body back down until arms are fully extended. One repetition is up, down. If all three hand positions are used, then a full repetition is hands facing each other, up, down, hands facing feet, up, down, hands facing head, up, down.
     9. Return.
        1. Standing Option. Step away from anchor to release tension on straps, drop hands and let go of handles.
        2. Hanging or Inverted Options. Walk feet toward body until sitting position is achieved, let go of handles and get up.
     10. Variations.
         1. To make easier, Use only one hand position with hands facing each other. Reduce vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor or increase height of footrest to increase vector angle. Use all three hand positions in alternating pattern. Perform more repetitions.

# 12.0 Detailed Narrative: TRX Biceps.

1. TRX Biceps.

# 12.1 Detailed Narrative: Beginner. TRX Bicep Curl To Forehead Vector Angle Easy.

* 1. Beginner. TRX Bicep Curl To Forehead Vector Angle Easy.
     1. Name. TRX Bicep Curl To head Vector Angle Easy. May also be known as TRX Curl.
     2. Level of Difficulty Beginner based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet flat on ground shoulder width apart, body in straight line plank, Elbows up, bent and level with shoulders, hands facing up holding handles, small finger of each hand aligned with forehead / temples. Walk feet forward towards anchor point until tension is felt in biceps and appropriate vector angle is achieved.
     8. Movement. Engage core and maintain active plank as you lower body back and down fully extending arms and elbows, but always keeping elbows square with shoulders at 90 degrees to body. Drive knuckles back toward temples and squeeze biceps to move hands back to temples, making sure not to push hips forward. One repetition is down, up.
     9. Return. Walk away from anchor to release tension in straps, drop hands, let go of handles.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions.

# 12.2 Detailed Narrative: Intermediate. TRX Bicep Curl to Forehead Vector Angle Challenging.

* 1. Intermediate. TRX Bicep Curl to Forehead Vector Angle Challenging.
     1. Name. TRX Bicep Curl to Forehead Vector Angle Challenging. May also be known simply as TRX Curl.
     2. Level of Difficulty Intermediate based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet flat on ground shoulder width apart, body in straight line plank, Elbows up, bent and level with shoulders, hands facing up holding handles, small finger of each hand aligned with forehead / temples. Walk feet forward towards anchor point until tension is felt in biceps and appropriate challenging vector angle is achieved. May need to readjust vector angle after first repetition to achieve appropriate vector angle.
     8. Movement. Engage core and maintain active plank as you lower body back and down fully extending arms and elbows, but always keeping elbows square with shoulders at 90 degrees to body. Drive knuckles back toward temples and squeeze biceps to move hands back to temples, making sure not to push hips forward. One repetition is down, up.
     9. Return. Walk away from anchor to release tension in straps, drop hands, let go of handles.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions.

# 12.3 Detailed Narrative: Advanced. TRX Alternating Bicep Curl to Forehead and Bicep Clutch to Chest Vector Angle Hardest.

* 1. Advanced. TRX Alternating Bicep Curl to Forehead and Bicep Clutch to Chest Vector Angle Hardest.
     1. Name. TRX Alternating Bicep Curl to Forehead and Bicep Clutch to Chest Vector Angle Hardest. May also be known as TRX Curl and TRX Biceps Clutch.
     2. Level of Difficulty. Advanced based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. ML (mid-length).
     7. Starting Position. Feet flat on ground shoulder width apart, body in straight line plank, Elbows up, bent and level with shoulders, hands facing up holding handles, small finger of each hand aligned with forehead / temples. Walk feet forward towards anchor point until tension is felt in biceps and appropriate hardest vector angle is achieved. May need to readjust vector angle after first repetition to achieve appropriate vector angle.
     8. Movement. Engage core and maintain active plank as you lower body back and down fully extending arms and elbows, but always keeping elbows square with shoulders at 90 degrees to body. Drive knuckles back toward temples and squeeze biceps to move hands back to temples, making sure not to push hips forward. Then extend arms and elbows keeping elbows at shoulder level, drop back down and as you do so, rotate hands so they face each other, swinging elbows to point out to sides, then squeeze biceps and pull body toward anchor point bringing knuckles together towards chest, keeping elbows level with shoulders, making sure to maintain space between hands and chest. One full repetition is hands at forehead, down, up to forehead curl, down, up to chest clutch.
     9. Return. Walk away from anchor to release tension in straps, drop hands, let go of handles.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions. If overhead anchor option exists, make harder by hanging directly under anchor and performing same exercise, but starting position is with arms fully extended, body in plank position to knees which are bent at 90 degrees with feet flat on floor in tabletop pose, then squeeze biceps to pull hands to forehead curl or hands to chest clutch. . If inverted option exists with sturdy box or other structure under anchor, make harder by placing feet on elevated sturdy box or other structure and performing same exercise, but starting position is with arms fully extended in inverted plank, then squeeze biceps to pull hands to forehead curl or hands to chest clutch. .

# 13.0 Detailed Narrative: TRX Triceps.

1. TRX Triceps.

# 13.1 Detailed Narrative: Beginner. TRX Standing Triceps Extension Vector Angle Easy.

* 1. Beginner. TRX Standing Triceps Extension Vector Angle Easy.
     1. Name. TRX Standing Triceps Extension Vector Angle Easy. May also be known simply as TRX Triceps Press.
     2. Level of Difficulty Beginner based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Push.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. ML to FL (mid-length to full length based on vector angle).
     7. Starting Position. Feet shoulder width apart, flat on ground, body in straight plank position, Extend arms in front of shoulders, elbows at shoulder level, hands facing down holding handles, shoulders packed down and back, feet positioned toward anchor to achieve easy vector angle. May need to readjust after first repetition to achieve appropriate vector angle.
     8. Movement. Maintaining strong plank, and Keeping elbows at stationary level, bend elbows lowering body down until thumbs are next to forehead / temples, then squeeze triceps and drive palms out to extend arms an elbows to straight position, making sure to squeeze triceps at apex of push, always keeping elbows in same, stationary position. One repetition is down, up.
     9. Return. Step away from anchor to release tension on straps, lower hands and let go of handles.
     10. Variations.
         1. To make easier. Move feet away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Move feet towards anchor to increase vector angle. Perform exercise in slow motion to increase load time on triceps. Perform more repetitions.

# 13.2 Detailed Narrative: Intermediate = TRX Standing Triceps Extension Vector Angle Challenging.

* 1. Intermediate = TRX Standing Triceps Extension Vector Angle Challenging.
     1. Name. TRX Standing Triceps Extension Vector Angle Challenging. May also be known simply as TRX Triceps Press.
     2. Level of Difficulty Intermediate based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Push.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. ML to FL (mid-length to full length based on vector angle).
     7. Starting Position. Feet shoulder width apart, flat on ground, body in straight plank position, Extend arms in front of shoulders, elbows at shoulder level, hands facing down holding handles, shoulders packed down and back, feet positioned toward anchor to achieve challenging vector angle. May need to readjust after first repetition to achieve appropriate vector angle.
     8. Movement. Maintaining strong plank, and Keeping elbows at stationary level, bend elbows lowering body down until thumbs are next to forehead / temples, then squeeze triceps and drive palms out to extend arms an elbows to straight position, making sure to squeeze triceps at apex of push, always keeping elbows in same, stationary position. One repetition is down, up.
     9. Return. Step away from anchor to release tension on straps, lower hands and let go of handles.
     10. Variations.
         1. To make easier. Move feet away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Move feet towards anchor to increase vector angle. Perform exercise in slow motion to increase load time on triceps. Perform more repetitions.

# 13.3 Detailed Narrative: Advanced. TRX Triceps Kick Back.

* 1. Advanced. TRX Triceps Kick Back.
     1. Name. TRX Triceps Kick Back.
     2. Level of Difficulty. Advanced based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Push.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. FL (full length).
     7. Starting Position. Feet flat on ground, one offset with the other for stability and control to begin, with back leg knee bent, hips, shoulders head in straight plank, hands facing up holding handles, arms straight and down at sides, with hands pinched into sides next to or just in front of hips, straps should have high tension with triceps squeezed, front foot should be positioned so that hardest vector angle can be achieved when balancing on front foot. May need to readjust foot positions after first repetition to achieve desired vector angle.
     8. Movement. Slowly and under control, lower body down and back using kick stand back leg to stabilize and control speed. keep elbows pinched into sides as they bend to 90 degrees, activate triceps to take load of body, back leg also is bent around 90 degrees, then further squeeze triceps and drive off back leg, as needed, to straighten elbows and pull body back to starting position. Repeat with other leg back. One repetition is right leg forward, left leg back, down, up, left leg forward, right leg back, down, up. .
     9. Return. Step away from anchor to release tension on straps, straighten up, lower hands, and let go of handles.
     10. Variations.
         1. To make easier. Use more of back kickstand leg to push body up. Step away from anchor with forward foot to reduce vector angle. Perform fewer repetitions.

To Make Harder. Use less of back kickstand leg to push body up. Step towards anchor with forward foot to increase vector angle. Alternate hand position using both face up and face down hand positions when performing exercise. Perform more repetitions.

# 14.0 Detailed Narrative: TRX Power Pull.

1. TRX Power Pull.

# 14.1 Detailed Narrative: Beginner = TRX One Arm Power Pull With Rotation Vector Angle Easy.

* 1. Beginner = TRX One Arm Power Pull With Rotation Vector Angle Easy.
     1. Name. TRX One Arm Power Pull With Rotation Vector Angle Easy. May also be known simply as TRX Power Pull.
     2. Level of Difficulty Beginner based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. MLSL (mid-length, single handle locked position).
     7. Starting Position. Working hand holds handle facing in( right hand would face left, left hand would face right), working wrist next to side of chest on same side, working elbow bent and pointed back, free arm is straight and reaching up toward anchor point next to and parallel with the main strap, feet are hip to shoulder width apart and up on the balls of the feet, body is in straight plank position. Step towards anchor to position, feet to achieve easy vector angle. May need to readjust foot positions after first repetition to achieve desired vector angle.
     8. Movement. Rotate hips away from anchor and wind free arm so that it swings / extends back and behind, unwinding into a straight arm pointing to the ground behind, working arm releases and extends forward into straight position, head turns to look back at free hand behind body ending with a straight line from anchor point, through straps, through working arm, through free arm, then maintain a strong plank position and squeeze working shoulder blade to Pull body up with working arm as you rotate hips towards anchor and swing free arm up so it again points at anchor and is aligned with straps, moving free arm more quickly on the way up as compared to the way down, ending with working wrist next to chest, elbow pointing back, head looking at free hand in front. Repeat with opposite arm. One repetition for one arm is free hand pointing to anchor, release and unwind back free hand pointing behind, pull and roll up free hand again pointing at anchor.
     9. Return. Step away from anchor to release tension on straps, stand up straight, lower working hand and let go of handle.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions.

# 14.2 Detailed Narrative: Intermediate. TRX One Arm Power Pull With Rotation Vector Angle Challenging.

* 1. Intermediate. TRX One Arm Power Pull With Rotation Vector Angle Challenging.
     1. Name. TRX One Arm Power Pull With Rotation Vector Angle Challenging. May also be known simply as TRX Power Pull.
     2. Level of Difficulty Intermediate based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. MLSL (mid-length, single handle locked position).
     7. Starting Position. Working hand holds handle facing in( right hand would face left, left hand would face right), working wrist next to side of chest on same side, working elbow bent and pointed back, free arm is straight and reaching up toward anchor point next to and parallel with the main strap, feet are hip to shoulder width apart and up on the balls of the feet, body is in straight plank position. Step towards anchor to position, feet to achieve challenging vector angle. May need to readjust foot positions after first repetition to achieve desired vector angle.
     8. Movement. Rotate hips away from anchor and wind free arm so that it swings / extends back and behind, unwinding into a straight arm pointing to the ground behind, working arm releases and extends forward into straight position, head turns to look back at free hand behind body ending with a straight line from anchor point, through straps, through working arm, through free arm, all the while maintaining a strong plank position, then squeeze working shoulder blade to Pull body up with working arm as you rotate hips towards anchor and swing free arm up so it again points at anchor and is aligned with straps, moving free arm more quickly on the way up as compared to the way down, ending with working wrist next to chest, elbow pointing back, head looking at free hand in front. Repeat with opposite arm. One repetition for one arm is free hand pointing to anchor, release and unwind back free hand pointing behind, pull and roll up free hand again pointing at anchor. Return. Step away from anchor to release tension on straps, stand up straight, lower working hand and let go of handle.
     9. Variations.
        1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
        2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions.

# 14.3 Detailed Narrative: Advanced = TRX One Arm Power Pull With Rotation Vector Angle Hardest.

* 1. Advanced = TRX One Arm Power Pull With Rotation Vector Angle Hardest.
     1. Name. TRX One Arm Power Pull With Rotation Vector Angle Hardest. May also be known simply as TRX Power Pull.
     2. Level of Difficulty. Advanced based on vector angle.
     3. Basic Function. Arms, core.
     4. TRX Movement Category. Pull.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. MLSL (mid-length, single handle locked position).
     7. Starting Position. Working hand holds handle facing in( right hand would face left, left hand would face right), working wrist next to side of chest on same side, working elbow bent and pointed back, free arm is straight and reaching up toward anchor point next to and parallel with the main strap, feet are hip to shoulder width apart and up on the balls of the feet, body is in straight plank position. Step towards anchor to position, feet to achieve hardest vector angle. May need to readjust foot positions after first repetition to achieve desired vector angle. Also, may need some sort of footrest to avoid slipping or wall under anchor to brace feet based on vector angle.
     8. Movement. Rotate hips away from anchor and wind free arm so that it swings / extends back and behind, unwinding into a straight arm pointing to the ground behind, working arm releases and extends forward into straight position, head turns to look back at free hand behind body ending with a straight line from anchor point, through straps, through working arm, through free arm, all the while maintaining a strong plank position, then squeeze working shoulder blade to Pull body up with working arm as you rotate hips towards anchor and swing free arm up so it again points at anchor and is aligned with straps, moving free arm more quickly on the way up as compared to the way down, ending with working wrist next to chest, elbow pointing back, head looking at free hand in front. Repeat with opposite arm. One repetition for one arm is free hand pointing to anchor, release and unwind back free hand pointing behind, pull and roll up free hand again pointing at anchor. Return. Step away from anchor to release tension on straps, stand up straight, lower working hand and let go of handle.
     9. Variations.
        1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
        2. To Make Harder. Step towards anchor or even brace feet against wall under anchor to increase vector angle. Perform more repetitions.

# 15.0 Detailed Narrative: TRX Burpee.

1. TRX Burpee.

# 15.1 Detailed Narrative: Beginner. TRX Burpee (one suspended leg, to prone plank, to push up, and back up (alternating legs).

* 1. Beginner. TRX Burpee (one suspended leg, to prone plank, to push up, and back up (alternating legs).
     1. Name. TRX Burpee (one suspended leg, to prone plank, to push up, and back up, alternating legs). May also be known simply as TRX Burpee.
     2. Level of Difficulty Beginner based on modifications.
     3. Basic Function. Full body.
     4. TRX Movement Category. Push, Plank.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. MCSL (mid-calf single handle locked position).
     7. Starting Position. Stand in front of anchor facing away from straps, right shoulder centered on anchor line. Left foot flat on ground left of straps, body in straight plank to start, right foot in foot cradle right knee bent, right foot pushing down on straps to create tension, may need sturdy chair or other structure to the right or left of workout space to hold onto for balance as needed when standing on one leg.
     8. Movement. Start Burpee sequence as if you are trying to get down on all fours with one leg held up by the straps. Thus, start by lowering body down by bending knee of left leg and bending knee of suspended right leg while shifting right suspended leg back, keeping chest up tall. Reach down with hands and place both hands on ground directly under shoulders in front of hanging straps far enough out that you can get into a face down prone plank position without kicking the wall under the anchor. As left knee gets close to ground, keep left knee off ground and Lift left foot up off ground and kick back or extend left leg back touching foot to the ground and match with right suspended leg, then squeeze glutes to establish a strong straight high prone plank position, supporting weight on hands, left foot on ground and right foot in foot cradle. If needed, put left knee on ground to assist with balance and stability. Once in high prone plank, Lower chest, and hips to the ground. Then squeeze chest and Push back up either in a strong push up or a rolling motion back to a high plank. If needed, perform push up from knees. Then, you need to stand up again on one leg. To do this, engage core and abdominals drive left knee forward and underneath hips. place left foot flat on ground underneath hips, then lift chest back up as right knee in foot cradle stays close to the ground. As chest lifts up, drive left foot into ground and squeeze glutes to extend hips and knees to standing position, balancing again on left leg. As needed, hold sturdy chair or other structure to assist with balance. Repeat with right leg. One repetition is balance on one leg, crouch down, get into straight prone plank position, down, push up, then pull leg back under and stand up.
     9. Return. Carefully remove suspended foot from foot cradle, stand on two feet.
     10. Variations.
         1. To make easier. When crouching down, lower to knees if needed. Hold sturdy chair or other structure for balance. Perform push up on knees. Increase transition time between standing, crouching, Plank, push up, an standing again. Perform fewer repetitions.
         2. To Make Harder. Keep knees off ground. Minimize transition time between standing, crouching, Plank, push up, an standing again. Perform more repetitions.

# 15.2 Detailed Narrative: Intermediate. TRX Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to push up and back up, alternating legs).

* 1. Intermediate. TRX Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to push up and back up, alternating legs).
     1. Name. TRX Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to push up and back up, alternating legs). May also be known simply as TRX Burpee Plus Scorpion.
     2. Level of Difficulty Intermediate
     3. Basic Function. Full body.
     4. TRX Movement Category. Push, Plank.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. MCSL (mid-calf single handle locked position).
     7. Starting Position. Stand in front of anchor facing away from straps, right shoulder centered on anchor line. Left foot flat on ground left of straps, body in straight standing plank to start, right foot in foot cradle right knee bent, right foot pushing down on straps to create tension, may need sturdy chair or other structure to the right or left of workout space to hold onto for balance as needed when standing on one leg.
     8. Movement. Start Burpee sequence as if you are trying to get down on all fours with one leg held up by the straps. Thus, start by lowering body down by bending knee of left leg and bending knee of suspended right leg while shifting right suspended leg back, keeping chest up tall. Reach down with hands and place both hands on ground directly under shoulders in front of hanging straps far enough out that you can get into a face down prone plank position without kicking the wall under the anchor. As left knee gets close to ground, keep left knee off ground and Lift left foot up off ground and kick back or extend left leg back touching foot to the ground and match with right suspended leg, then squeeze glutes to establish a strong straight high prone plank position, supporting weight on hands, left foot on ground and right foot in foot cradle. Once in high prone plank, lift left foot off ground and under control, cross left leg under suspended right leg and hold for 1 second, then cross left leg over suspended right leg and hold for 1 second, noting that left ankle might need to flex to get over right leg held up by straps. Then return to prone plank position with left leg mirroring right leg as it hovers off the ground. Then in high prone plank, Lower chest, and hips to the ground. Then squeeze chest and Push back up in a strong push up to get back to a high plank. Then, you need to stand up again on one leg. To do this, engage core and abdominals drive left knee forward and underneath hips. place left foot flat on ground underneath hips, then lift chest back up as right knee in foot cradle stays close to the ground. As chest lifts up, drive left foot into ground and squeeze glutes to extend hips and knees to standing position, balancing again on left leg. As needed, hold sturdy chair or other structure to assist with balance. Repeat with right leg. One repetition is balance on one leg, crouch down, get into straight prone plank position, Free leg under suspended leg, Hold, free leg over suspended leg, hold, down, push up, then pull leg back under and stand up.
     9. Return. Carefully remove suspended foot from foot cradle, stand on two feet.
     10. Variations.
         1. To make easier. Hold sturdy chair or other structure for balance. Increase transition time between standing, crouching, Planking, crossing legs, pushing up, an standing again. Perform fewer repetitions.
         2. To Make Harder. Keep knees off ground. Keep free leg off ground after crouch. Minimize transition time between standing, crouching, Planking, crossing legs, pushing up, an standing again. Perform more repetitions.

# 15.3 Detailed Narrative: Advanced. TRX Atomic Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to knees to chest crunch to push up and backup, alternating legs).

* 1. Advanced. TRX Atomic Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to knees to chest crunch to push up and backup, alternating legs).
     1. Name. TRX Atomic Burpee Plus Scorpion (one suspended leg, to prone plank, to free leg over then under suspended leg, to knees to chest crunch to push up and backup, alternating legs). May also be known simply as TRX Atomic Burpee Plus Scorpion.
     2. Level of Difficulty Advanced.
     3. Basic Function. Full body.
     4. TRX Movement Category. Push, Plank.
     5. Starting Orientation. SFA (standing facing away from anchor).
     6. Adjustment. MCSL to MLSL (mid-calf single handle locked position to Mid-length single handle locked position for clearance of crunch).
     7. Starting Position. Stand in front of anchor facing away from straps, right shoulder centered on anchor line. Left foot flat on ground left of straps, body in straight standing plank to start, right foot in foot cradle right knee bent, right foot pushing down on straps to create tension, may need sturdy chair or other structure to the right or left of workout space to hold onto for balance as needed when standing on one leg.
     8. Movement. Start Burpee sequence as if you are trying to get down on all fours with one leg held up by the straps. Thus, start by lowering body down by bending knee of left leg and bending knee of suspended right leg while shifting right suspended leg back, keeping chest up tall. Reach down with hands and place both hands on ground directly under shoulders in front of hanging straps far enough out that you can get into a face down prone plank position without kicking the wall under the anchor. As left knee gets close to ground, keep left knee off ground and Lift left foot up off ground and kick back or extend left leg back keeping left foot off ground and matching right suspended leg, then squeeze glutes to establish a strong straight high prone plank position, supporting weight on hands and right foot in foot cradle. Once in high prone plank, cross left leg under suspended right leg and hold for 1 second, then cross left leg over suspended right leg and hold for 1 second, noting that left ankle might need to flex to get over right leg held up by straps. Then return to prone plank position with left leg mirroring right leg as it hovers off the ground. Then in high prone plank, Activate hips, quads, and glutes to drive knees up toward chest and hold crunch for 1 second, then extend legs back to prone plank position. Then in high prone plank, Lower chest, and hips to the ground. Then squeeze chest and Push back up in a strong push up to get back to a high plank. Then, you need to stand up again on one leg. To do this, engage core and abdominals drive left knee forward and underneath hips. place left foot flat on ground underneath hips, then lift chest back up as right knee in foot cradle stays close to the ground. As chest lifts up, drive left foot into ground and squeeze glutes to extend hips and knees to standing position, balancing again on left leg. As needed, hold sturdy chair or other structure to assist with balance. Repeat with right leg. One repetition is balance on one leg, crouch down, get into straight prone plank position, Free leg under suspended leg, Hold, free leg over suspended leg, hold, crunch up knees, Hold, down, push up, then pull leg back under and stand up.
     9. Return. Carefully remove suspended foot from foot cradle, stand on two feet.
     10. Variations.
         1. To make easier. Hold sturdy chair or other structure for balance. Increase transition time between standing, crouching, planking, crossing legs, crunching up knees, pushing up, an standing again. Perform fewer repetitions.
         2. To Make Harder. Minimize transition time between standing, crouching, Planking, crossing legs, crunching up knees, pushing up, an standing again. Perform more repetitions.

# 16.0 Detailed Narrative: TRX Hammer Throw.

1. TRX Hammer Throw.

# 16.1 Detailed Narrative: Beginner. TRX Hammer Throw Vector Angle Easy.

* 1. Beginner. TRX Hammer Throw Vector Angle Easy.
     1. Name. TRX Hammer Throw Vector Angle Easy.
     2. Level of Difficulty Beginner.
     3. Basic Function. Core, arms.
     4. TRX Movement Category. Rotate.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. MLSL (mid-length Single handle Locked Position).
     7. Starting Position. Stand in front of anchor, feet shoulder width apart, weight on balls of feet, body in straight standing plank, right hand holding single handle with right hand facing left, left hand holding right hand, left hand facing right, arms straight out at shoulder height, parallel to ground, hands at center chest position, step towards anchor to achieve appropriate easy vector angle. May need to readjust foot positions after first repetition to achieve desired vector angle.
     8. Movement. Slowly and under control, rotate hips and arms to right keeping arms in fixed center chest position with arms remaining at shoulder height throughout exercise until arms and chest point to the right, noting that a stabilizing half step forward might be needed to avoid falling forward depending on vector angle, then slowly and under control rotate hips and chest to the left until arms are pointing to the left, again noting that a stabilizing half step forward might be needed to avoid falling forward. One repetition is arms point to anchor, then point to right side, then point to left side, and return to point to anchor.
     9. Return. Step away from anchor to release tension on straps, lower hands, let go of handle.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Hold hands in fixed position closer to chest. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Keep hands pressed out with straight arms throughout movement. Perform more repetitions.

# 16.2 Detailed Narrative: Intermediate. TRX Hammer Throw Vector Angle Challenging.

* 1. Intermediate. TRX Hammer Throw Vector Angle Challenging.
     1. Name. TRX Hammer Throw Vector Angle challenging.
     2. Level of Difficulty Intermediate.
     3. Basic Function. Core, arms.
     4. TRX Movement Category. Rotate.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. MLSL (mid-length Single handle Locked Position).
     7. Starting Position. Stand in front of anchor, feet shoulder width apart, weight on balls of feet, body in straight standing plank, right hand holding single handle with right hand facing left, left hand holding right hand, left hand facing right, arms straight out at shoulder height, parallel to ground, hands at center chest position, step towards anchor to achieve appropriate challenging vector angle. May need to readjust foot positions after first repetition to achieve desired vector angle.
     8. Movement. Slowly and under control, rotate hips and arms to right keeping arms in fixed center chest position with arms remaining at shoulder height throughout exercise until arms and chest point to the right, then slowly and under control rotate hips and chest to the left until arms are pointing to the left. One repetition is arms point to anchor, then point to right side, then point to left side, and return to point to anchor. Note that good friction footing on ground may be needed to avoid feet slipping depending on rotational force generated.
     9. Return. Step away from anchor to release tension on straps, lower hands, let go of handle.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Keep fixed position hands pressed out with straight arms throughout movement. Perform more repetitions.

# 16.3 Detailed Narrative: Advanced. TRX Hammer Throw Vector Angle Hardest.

* 1. Advanced. TRX Hammer Throw Vector Angle Hardest.
     1. Name. TRX Hammer Throw Vector Angle Hardest.
     2. Level of Difficulty Advanced.
     3. Basic Function. Core, arms.
     4. TRX Movement Category. Rotate.
     5. Starting Orientation. SF (standing facing anchor).
     6. Adjustment. MLSL (mid-length Single handle Locked Position).
     7. Starting Position. Stand in front of anchor, feet shoulder width apart, weight on balls of feet, body in straight standing plank, right hand holding single handle with right hand facing left, left hand holding right hand, left hand facing right, arms straight out at shoulder height, parallel to ground, hands at center chest position, step towards anchor to achieve appropriate hardest vector angle. May need to readjust foot positions after first repetition to achieve desired vector angle. Also, may need footrest or to place foot on wall under anchor to avoid feet slipping based on rotational force generated.
     8. Movement. Slowly and under control, rotate hips and arms to right keeping arms in fixed center chest position with arms remaining at shoulder height throughout exercise until arms and chest point to the right, then slowly and under control rotate hips and chest to the left until arms are pointing to the left. One repetition is arms point to anchor, then point to right side, then point to left side, and return to point to anchor. Note that good friction footing on ground, footrests, or placing feet on base of wall under anchor may be needed to avoid feet slipping depending on rotational force generated.
     9. Return. Step away from anchor to release tension on straps, lower hands, let go of handle.
     10. Variations.
         1. To make easier. Step away from anchor to decrease vector angle. Perform fewer repetitions.
         2. To Make Harder. Step towards anchor to increase vector angle. Perform more repetitions.

# Note About Author.

This set of documents consisting of the Blind Workout Challenge Instructions, Blind Workout Challenge Quick List of 16 Random TRX Exercises, Blind Workout Challenge Summary of 16 Random Exercises in Beginner, Intermediate and Advanced Versions, and the Blind Workout Challenge Reference Guide With Detailed Narrative Descriptions of all Exercises, was prepared by Walter T. Raineri, a blind person, with assistance from the helpful staff of the company which makes TRX® fitness equipment. If the reader would like to learn more about the VISION Fitness Program, the TRX® VIP Initiative, how to get involved with promoting fitness for persons with visual disabilities or has questions or comments about this set of Blind Workout Challenge documents, please contact the author at [wtr1977@yahoo.com](mailto:wtr1977@yahoo.com).

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