

UPPER BODY	01 TRX Back Row Strengthens upper back and improves posture. TRX MID LENGTH FACE TRX Tips: Keep tension on TRX throughout movement. Step forward to increase intensity.	02 TRX Chest Press Strengthens chest and improves shoulder stabilization. TRX LONG FACE AWAY FROM TRX Tips: To prevent TRX from rubbing against arms, keep hands at shoulder level or higher. Step backward to increase intensity.	03 TRX Back Fly Improves posture by strengthening upper back and rear shoulders. TRX LONG FACE TRX Tips: Do not turn exercise into a row. Keep elbows at constant angle throughout movement. Redistribute weight from back foot to front foot on forward movement.	04 TRX Biceps Curl Builds strength in biceps and shoulders. TRX MID LENGTH FACE TRX Tips: Point elbows straight ahead, in line with shoulders. Step forward to increase intensity.
	05 TRX Balance Lunge Develops leg strength and challenges core stability. TRX MID LENGTH FACE TRX Tips: Maximize leg strength by limiting arm involvement. Plant rear foot to decrease intensity.	06 TRX Side Lunge Increases side-to-side mobility by strengthening hips and stretching inner thighs. TRX MID LENGTH FACE TRX Tips: Use TRX to maintain balance.	07 TRX Hamstring Curl Improves hamstring, core and hip strength. TRX LONG FACE TRX Tips: Keep even pressure on heels to prevent TRX from sawing.	08 TRX Hip Press Improves lower body strength by simultaneously activating hamstrings and glutes. TRX LONG FACE TRX Tips: Keep knees at 90-degree angle. Flex feet if calves are over-stressed.
	09 TRX Plank Increases stabilization strength of core and entire body. TRX LONG FACE AWAY FROM TRX Tips: Before trying this exercise on TRX, make sure you can perform plank with feet on ground for 30-60 seconds.	10 TRX Resisted Leg Raise Gets at hard-to-reach lower abs while increasing core stabilization. TRX LONG FACE TRX Tips: To fully activate core and safeguard lower back, pull navel into spine.	11 TRX Overhead Back Extension Improves posture by strengthening back muscles along spine. TRX LONG FACE TRX Tips: Begin by identifying "end" position. Contract core to avoid leading movement with hips.	12 TRX Hip Drop Strengthens obliques, abs, hips and core. TRX LONG SIDWAYS TO TRX Tips: Make sure hips are aligned with anchor point throughout movement.
	LOWER BODY	CORE	CORE	CORE

TRX CIRCUIT FITNESS CLASS

OSC HEALTH & FITNESS SUB-CLUB

Utilizing the TRX Suspension Trainer and your own body weight, this class will rapidly increase your strength and range of motion progressing through total body resistance training to sculpt, shape, and build your muscles. **All fitness levels welcomed!**

Minimum of 12 people to hold this class

Dec. 6th
6:30pm

Wallace Creek Fitness Center
WC1, Birch St, Camp Lejeune, NC 28547