

# December 2016 — TRX

Create a circuit out of this workout, performing each exercise back to back.

- Opt for TIME: 30-60 seconds each
- OR REPS: 10-15 of each
- *Beginners*: 1-2 rounds
- *Advanced*: 3 or more rounds
- Rest as needed!



## TRX LENGTH ADJUSTMENT:

**L** = Long  
**MC** = Mid Calf  
**M** = Mid Length

## BODY POSITIONS (BP):

**Stand Facing Toward Anchor Point**  
**Stand Facing Away from Anchor Point**  
**Ground Sideways**  
**Ground Facing**

### 1. Overhead Squat (M)



**BP:**  
**Stand Facing Toward Anchor Point**

### 2. Bicep Clutch (M)



### 3. Front Squat (L)



**BP:**  
**Stand Facing Away from Anchor Point**

### 4. Chest Press—Inside Grip (L)



### 5. Side Plank Hip Drop (MC)



**BP: Ground Sideways**

### 6. Core L-sit (MC)



**BP: Ground Facing**