TRX Workout – Repeat 2 – 3 Sets

Pick your level:

- **Level 1 : 30 seconds each exercise**
- **Level 2: 45 seconds each exercise**
- **Level 3: 60 seconds each exercise**

1	**TRX Squat**	
2	**TRX Pistol Squat**	
3	**TRX Hamstring Curl**	
4	**TRX Back Row**	
5	**TRX Chest Press**	

6	**TRX Deltoid Fly**	
7	**TRX Ab Crunch**	
8	**TRX Oblique Crunch**	
9	**TRX Side Plank**	
10	**TRX Ab Knee Rollout**	