

ROUND 1**1.1 TRX KNEELING ROLLOUT**

- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS

- Standing tall, grab Ybell with a center grip, resting Ybell on the shoulder if possible.
- Lower hips down and back, knees and hips to 90-degree.
- Drive through the toes to return to a standing position, pressing Ybell overhead.

1.3 YBELL ALTERNATING SWING

- Stand with Ybell at arms length in front of feet that are shoulder width apart, hinge your hips. Grab each foot.
- Maintaining a flat back and chest upright, pull or hike ball off the ground and outside legs.
- Allow the Ybell to swing back past the legs, standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

ROUND 2**2.1 YBELL ALTERNATING RENEGADE ROW**

- With a top grip position on the Ybell set up in a plank position, feet shoulder width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return Ybell to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART

- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

2.3 YBELL REVERSE LUNGE

- Standing tall, grab Ybell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

ROUND 3**3.1 TRX SINGLE LEG SQUAT**

- Adjust straps to mid-length.
- Standing tall, raise one foot to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS

- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90 degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT

- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

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Karen Palacios-Jansen



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Table of Contents Golf Trx Exercise Workout Guide

1. Understanding the eBook Golf Trx Exercise Workout Guide
 - The Rise of Digital Reading Golf Trx Exercise Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Golf Trx Exercise Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Golf Trx Exercise Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Golf Trx Exercise Workout Guide
 - Personalized Recommendations
 - Golf Trx Exercise Workout Guide User Reviews and Ratings
 - Golf Trx Exercise Workout Guide and Bestseller Lists
5. Accessing Golf Trx Exercise Workout Guide Free and Paid eBooks
 - Golf Trx Exercise Workout Guide Public Domain eBooks
 - Golf Trx Exercise Workout Guide eBook Subscription Services
 - Golf Trx Exercise Workout Guide Budget-Friendly Options

6. Navigating Golf Trx Exercise Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Golf Trx Exercise Workout Guide Compatibility with Devices
 - Golf Trx Exercise Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Golf Trx Exercise Workout Guide
 - Highlighting and Note-Taking Golf Trx Exercise Workout Guide
 - Interactive Elements Golf Trx Exercise Workout Guide
8. Staying Engaged with Golf Trx Exercise Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Golf Trx Exercise Workout Guide
9. Balancing eBooks and Physical Books Golf Trx Exercise Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Golf Trx Exercise Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Golf Trx Exercise Workout Guide
 - Setting Reading Goals Golf Trx Exercise Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Golf Trx Exercise Workout Guide
 - Fact-Checking eBook Content of Golf Trx Exercise Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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