

TRX For Mobility and Flexibility



Power Stretch is a Yoga, Pilates and Mobility Inspired Workout that uses the TRX[®] Suspension Trainer to increase Strength, Mobility and Core. The workout is sequenced in blocks of work that can be performed as one 45 min integrated session or the blocks of work can be performed independently based on need.

Why Suspension Trainer for Flexibility & Mobility?

1. Un-load an area of the body to get deeper into another area
 - Example: TRX Swan Pose
2. Promote posture and alignment while static or dynamic
 - Example: TRX Wide Leg Hip Hinge
3. Added stability
 - Example: TRX Dancer's Pose

Using the following movements can help you perform better at the things you love to do and to help avoid injury while doing them.

Movement Quality:

1. Breathe and be as fluid as possible
2. Connect the breath to the movement
3. Think no beginning and no end

Block 1: Dynamic Movement *(Adjustment: Mid Length)*

	EXERCISE	SETS	REPS / TIME	SET REST	TRANSITION REST
1	TRX Breast Stroke Squat	1	8 each direction	none	None
2	TRX Golf Swing w/ Chest Opener	1	8	none	None
3	TRX Golf Swing w/ Shoulder Press	1	8	none	None
4	TRX Long Torso Twist (Moving)	1	8 per side	none	None
5	TRX Squats (Ground up)	1	8	none	None
6	TRX Wide Leg Hip Hinge (w/ Pilates Roll-up)	1	8	none	None
7	TRX Side to Side Lunge w/ Tai-Chi arms	1	8	none	None
8	TRX Half Kneeling Hip Flexor Stretch	3 each side	15 sec hold	none	None

TRX® Power Stretch



Round 1, Exercise 1



Round 1, Exercise 2



Round 1, Exercise 3



Round 1, Exercise 4



Round 1, Exercise 5



Round 1, Exercise 6



Round 1, Exercise 7



Round 1, Exercise 8

TRX® Power Stretch

Block 2: Standing Strength *(Adjustment: Mid Calf)*

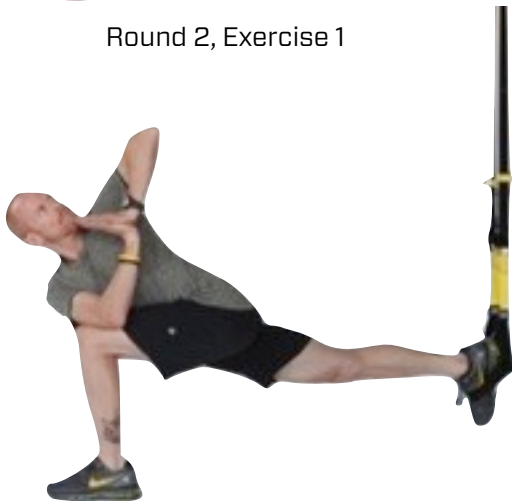
	EXERCISE	SETS	REPS / TIME	SET REST	TRANSITION REST
1	TRX Wide Hip Opener	1 per side	15 sec holds	none	None
2	TRX Lunge w/ Closed Twist (Arm extended Overhead)	1 per side	15 sec holds	none	None
3	TRX Lunge w/ Closed Twist (Hands in Prayer)	1 per side	15 sec holds	none	None
	Repeat other side				
4	TRX Up Dog/Down Dog Series	1	5 series	none	None



Round 2, Exercise 1



Round 2, Exercise 2



Round 2, Exercise 3



Round 2, Exercise 4

TRX[®] Power Stretch

Block 3: Pilates Core *(Adjustment: Mid Calf)*

	EXERCISE	SETS	REPS / TIME	SET REST	TRANSITION REST
1	TRX Upper & Lower Locust	1	8	None	None
2	Childs Pose	1	15 sec	None	None
3	TRX Forearm Planks	3	10 sec on 5 sec off	5 sec	None
4	Childs Pose	1	15 sec	None	None
5	TRX Superman's (Extended to Goal Post arms)	1	8	None	None
6	Childs Pose	1	15 sec	None	None
7	TRX Forearm Planks	3	10 sec on 5 sec off	5 sec	None
8	Lower Back Stretch (off TRX)	1 each side	30 sec	None	None



Round 3, Exercise 1



Round 3, Exercises 3 & 7



Round 3, Exercises 2, 4 & 6



Round 3, Exercise 5



Round 3, Exercise 8

TRX[®] Power Stretch

Block 4: Hips & Quad *(Adjustment: full length)*

	EXERCISE	SETS	REPS / TIME	SET REST	TRANSITION REST
1	TRX Swan Pose (bilateral reach)	1	15 to 30 sec	None	None
2	TRX Swan Pose (contralateral reach)	1	15 to 30 sec	None	None
3	TRX Cow Face Pose (bilateral reach)	1	15 to 30 sec	None	None
4	TRX Cow Face Pose (w/ closed twist)	1	15 to 30 sec	None	None
	Repeat Sequence with other leg				
5	TRX Kneeling Quadriceps Stretch	1	15 to 30 sec	None	None
6	TRX Sweeping Hip Flexor Stretch	2	15 to 30 sec	None	None
	Transition to Standing				



Round 4, Exercise 1



Round 4, Exercise 2



Round 4, Exercise 3



Round 4, Exercise 4



Round 4, Exercise 5



Round 4, Exercise 6

TRX[®] Power Stretch

Block 5 - Hamstring/Folds *(Adjustment: mid length)*

	EXERCISE	SETS	REPS / TIME	SET REST	TRANSITION REST
1	TRX Triangle Pose	1 each side	15 to 30 sec	None	None
2	TRX Off-Set Hip Hinge Stretch	1 each side	15 to 30 sec	None	None
3	TRX Dancers pose	1 each side	15 to 30 sec	None	None
4	TRX Forward fold w/ feet under hips - Sun Salutation	3	N/A	None	None
5	TRX Standing Chest & Torso Stretch	1 each side	15 to 30 sec	None	None



Round 5, Exercise 1



Round 5, Exercise 2



Round 5, Exercise 3



Round 5, Exercise 4



Round 5, Exercise 5