

Program Overview

TRX® Essentials™ : Cardio Circuit

is a fun and challenging mix of TRX exercises and cardiovascular intervals on the jump rope.

Designed to increase strength and burn fat, this workout is suitable for people of all fitness levels.

This heart-pumping 60-minute program includes a warm up, workout and cool-down stretching routine that will help build a body that is long, lean and strong.

Requirements

This program assumes you are active, healthy and injury free.

It is designed for all exercisers – beginner to advanced. We recommend use of a quality jump rope. High-performance Buddy Lee Rope Master jump ropes are available for purchase at www.fitnessanywhere.com. If you don't have a jump rope with you, or are not yet ready to jump, get most of the benefit by simply mimicking a jump rope motion.

Program Instructions

For best results, perform this program 2-3 times per week. Keep rest times to a minimum and always complete the exercises with good form. If your heart rate drops between segments, reduce your rest times. Improve your jump technique and maximize

workout benefits by watching the complete jump rope clinic included in the DVD. Refer to the workout charts and DVD for more detailed instructions.

How to Progress

Once you can perform a TRX exercise with proper form for the allotted time, increase the difficulty of the exercise, perform more reps in the same interval, and/or reduce the rest time. As your jump rope skills improve, increase the cardio challenge by jumping faster.

Train Safe

Consult your physician before beginning this or any exercise program. Safely attach your TRX to an anchor point strong enough to support your body weight. Inspect your TRX before every use. Replace worn or damaged components immediately. Failure to follow these guidelines could result in injury.

What's Next?

Visit www.fitnessanywhere.com for expert advice, free workout features, online videos and to ask questions and exchange ideas in the TRX community forums. Check out the other TRX Suspension Training® programs available in our online store.