

Program Overview

TRX Essentials: Flexibility is a total body stretching program using the TRX® Suspension Trainer™. Designed for all fitness levels, this workout will improve range of motion, decrease muscle tension and promote good posture.

Requirements

The program is safe and effective for healthy individuals with no existing injuries. Users should be able to maintain good form throughout each exercise.

Program Instructions

For a better stretch, warm up muscles with five to ten minutes of a low-intensity cardio activity such as walking, before starting the exercises.

The program can be performed everyday on its own, or parts of it incorporated into a post-workout cool down. To noticeably improve flexibility, perform the program at least twice per week.

Focus on form and technique during each exercise and stretch to a point that is challenging but never painful.

Transition smoothly from one exercise to the other with minimal rest. Take a 15 to 30 second rest between sets to collect your breath, and resume exercise with good form.

Breathe smoothly throughout the movements. Inhale before beginning each exercise and exhale while doing the exercise.

Beyond Flexibility

Visit www.fitnessanywhere.com for additional training tips, online videos and to ask questions or exchange ideas in our TRX Forums. Be sure to check out the other Suspension Training® programs available in our online store.