

Program Overview

TRX® Performance :

Train Like the Pros

Todd Durkin will motivate you through a challenging workout that includes a dynamic warm up, a main set of 12 exercises on the TRX and a cool down stretching routine. This program was designed for the serious exerciser who wants to take their fitness and performance to the next level.

Requirements

This program assumes you have been strength training regularly for at least six months and have solid base of cardiovascular conditioning. You should have no existing injuries. The entire program will take you approximately 60 minutes to complete.

Program Guidelines

For best results, complete this program 2-3 times per week. Be sure to rest enough between workouts so that your performance improves with each training session.

During the workout rest as necessary in order to complete the entire workout. As your fitness improves, strive to limit rest between sets to 60 seconds and between exercises to 30-45 seconds.

How to Progress

To increase the difficulty of the workout adopt a more challenging body position and reduce your rest intervals.

What's Next?

Visit **www.fitnessanywhere.com** for training tips, free workout features, 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.