

The TRX Warm-up

5 – 15 reps. Use TRX to help guide posture and alignment.



Squat and row (hips back, chest up, stand all the way up between reps)



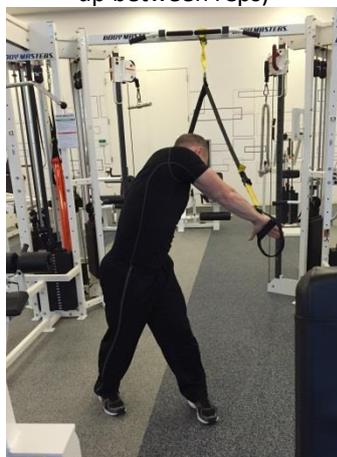
Back lunge and row (chest up, stand all the way up between reps)



Single leg toe touch (stand all the way up between reps)



Side lunge (hips back, chest up)



Torso rotation (arcing twists side to side)



Chest stretch (hold 15 seconds and repeat 2-3 times)

