

Level: All Levels

Always warm up, cool down and stretch before and after doing a MyFitZone workout

Set your timer for 40 seconds on and 20 seconds off and perform the following 3 exercises for a total of 3 circuits. The TRX can be set at any height from chest height but is usually best over a door. You can make the exercises harder by placing your feet in a position where you are using more of your body weight.

1. Lunge Jumps



2. Squat Jumps



3. Speed Runs



When you have completed these 3 exercises, take a quick break and move to the following 5 exercises

1. Row



TRX Workout #1

Functional Intensity Interval Training
 Perform each exercise for 45 seconds on with 15 seconds rest and repeat the circuit for a total of 3 rounds.
 Alternatively you can do these circuits by reps - try 12 of each exercise. For unilateral moves, perform for the set time/reps on each side

2. Squat High Pulls



5. Reverse Flye



4. Pistol Squats (Time/Reps Each Side)



3. Alternating Swimmers Arms Reverse



Information Zone:-

1. Once you have perfected your technique and the exercises start to feel easier, decrease your rest periods and try different variations
2. Make it more difficult by using more of your body weight
3. Don't forget you can contact us through our website, Facebook or email if you have any questions
4. Put 100% into every workout. This workout will get your heart rate up to where you need it to be to get body changing results
5. Works the whole body through different planes of movement. Excellent workout for core engagement and also flexibility
6. Always consult your doctor before beginning any new exercise program
7. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk