TACKLE YOUR NEW YEAR’S RESOLUTION WITH THESE TOP 5 TRX EXERCISES

Setting New Year’s resolutions can be a daunting process, let alone ones we really think we can stick with throughout the year and with most resolutions regarding improvements to our fitness or taking on new and exciting sporting challenges it’s vital to have a solid fitness foundation to build your workouts upon.

Matt Gleed, TRX Senior Master Trainer.
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The TRX offers a training tool to help you get those resolutions up and running, to suit a multitude of training preferences and ability levels. Follow these Top 5 TRX Rip Trainer exercises to ensure you kick-start those resolutions the right way!

**TRX | STEP ROTATION**

- Start with the left hand at top of hip, right hand extended, bar at 90 degrees, feed double shoulder width apart, knees slightly bent
- From this position, simultaneously rotate torso away from the anchor point so that the bar is at 90 degrees while taking one step out with the outside foot
- Return to start position, maintaining control and tension
Start with feet shoulder width apart in a squat stance, bar pointing towards the anchor.

Stand up from a squatting position and extend the outside arm laterally above shoulder height, the ‘base hand’ towards the chest whilst keeping feet planted shoulder width apart.

Then lower hips down and back, reach right hand toward anchor.

Squeeze glutes and extend hips, striking high.

Hold every third rep in the top position for three seconds.
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- Stand away from the anchor point, with the foot farthest away from the anchor forward and in an offset stance, back heel slightly lifted, hips square, bar pointing overhead away from the anchor.
- Extend the 'power hand' forward, bringing the 'base hand' underneath the opposite elbow, this creates the overhead chop motion.
- Return the 'power hand' back to the shoulder, while the 'base hand' moves back away from the anchor in a controlled motion.

TRX | OVERHEAD AXE CHOP
• Standing facing away from the anchor, the ‘power hand’ nearest the anchor palm up, foot farthest away from the Rip cord forward and in an off-set stance. Bar pointing towards the anchor.
• Step front foot forwards, whilst simultaneously pushing with the ‘power hand’ and pulling into the body with the ‘base hand’
• Pivot on the balls of the feet away from the anchor
• Stand facing away from the ancho, palms down and feet in a symmetrical position. Bar resting off the chest
• Lunge down, extend arms out at chest height to press the bar off the chest at the bottom position of the lunge
• Bring the bar back to chest, keeping elbows close to the rib cage, driving through the front foot
• Hold every third rep for three seconds and the bottom position