

TRX

Primary Exercise List for SFUSD

Name	Adjust	Pos	FM	Notes
TRX Chest Press	L	SFA	Push	Maintain Plank / Turn thumbs up slightly to avoid straps rubbing / hand target beside your Chest / Benefits: Upper body pushing strength (Chest, Shoulders, Triceps)
TRX Triceps Press	M	SFA	Push	Maintain Plank / Hand target is thumbs to temples / Benefits: Upper body pushing strength (Shoulders & Triceps)
TRX Standing Roll Out	M	SFA	Pull	Maintain Plank / Keep arms as straight as possible / Arms DO NOT pass ears / Benefits: Anterior Core
TRX Crossing Balance Lunge	M	SF	Lunge	Center foot to anchor / Target is knee to opposite ankle / 2 or 3 finger grip / Benefits: Strength in legs & hips, Balance
TRX Squat	M	SF	Squat	2 or 3 finger grip / Use handles to keep posture tall / Benefits: Lower Body Mobility & Strength
TRX Hip Press	MC	GF	Hinge	Start with knees over hips with hips on the ground / Press hips up and do not let legs extend / Benefits: Lower body strength, Posterior chain & Core
TRX Hamstring Curl	MC	GF	Hinge	Maintain Plank / Hips off the ground & curl heels towards hips with a target of knees over hips / Benefits: Lower body strength, Posterior chain & Core
TRX Side Lunge	M	SF	Lunge	2 or 3 finger grip / Hips go back first / Push off of the straight leg / Benefits: Lower body strength & mobility
TRX Row	S	SF	Pull	Maintain Plank / Eyes above anchor point / Target is hands beside chest / Benefits: Upper body pulling strength, posterior chain (Back shoulders, biceps)
TRX Biceps Curl	M	SF	Pull	Maintain Plank / Drive elbows up towards the anchor point / Target is hands beside temples / Benefits: Upper body pulling strength
TRX Y-Fly	M	SF	Pull	Maintain Plank / Hands start in Y formation (YMCA) / Eyes above the anchor point / Keeps arms as straight as possible / Benefits: Upper body pulling strength, posterior chain (Biceps) / Option: Offset feet
TRX OH Back Extension	M	SF	Pull/Hinge	Maintain Plank / Hands start in Y formation / Lower body slowly then hinge at hip to fold body forward / Pull on the handles / Benefits: Posterior chain and pulling strength (Shoulders & Back)

TRX Crunch	MC	GFA	Plank	Maintain Plank / Press heels into handles / Lift hips slightly and pull knees to chest / Option: Forearms / Benefits: Core
TRX Hip Drop	M	SSW	Plank/Rotate	Maintain Plank / Outside hand grabs handle / Attach hands to head / Leg closest to anchor point is forward / Benefits: Core
TRX OH Squat	M	SF	Squat	Back of hands in foot cradles, thumbs in the outside / Hand start in Y formation / Drive hands back as you lower hips / Benefit: Lower body strength & mobility as well posterior chain