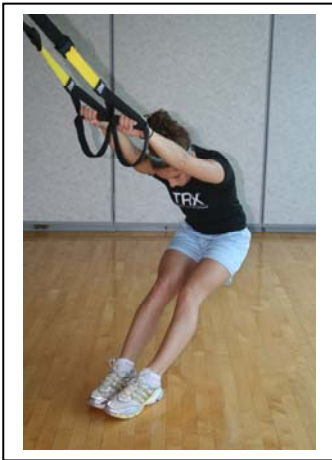


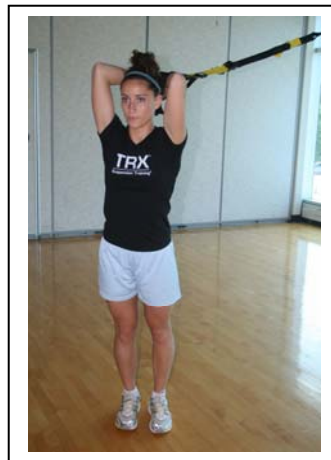
Strength Exercises – CORE

Core strength and stability are important to ADLs, injury prevention and physical performance. Although the core is engaged in all TRX movement, the following TRX exercises concentrate specifically on the core.

TRX Overhead Back Extension



TRX Hip Drop



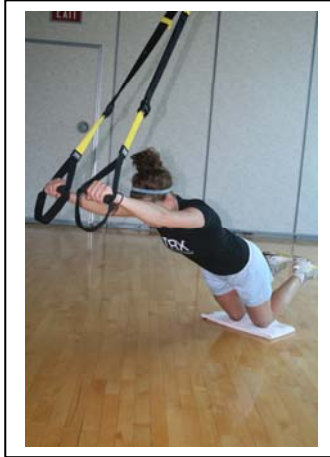
TRX Torso Rotation



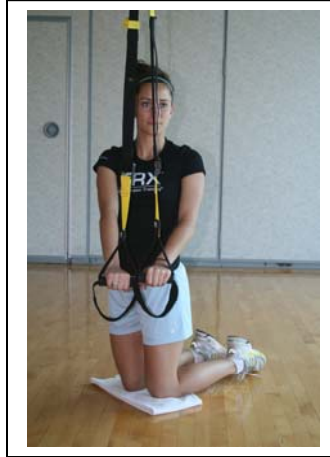
ANY TIME.....ANY PLACE!



TRX Kneeling Roll-out



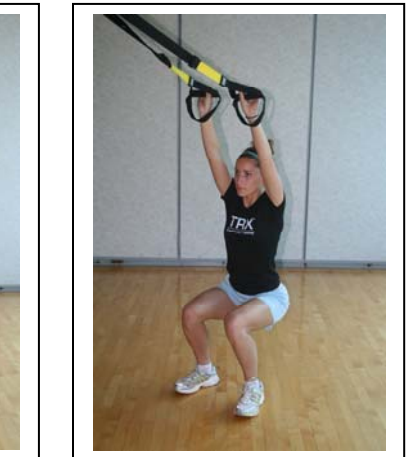
TRX Kneeling Oblique Roll-out



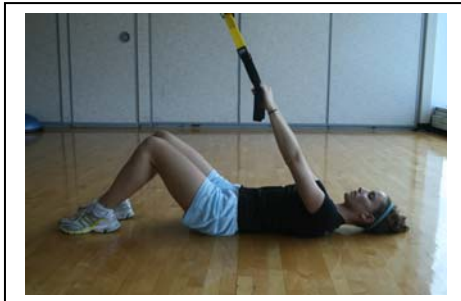
TRX Standing Roll-out



TRX Overhead Squat



TRX Assisted Sit-up



TRX Resisted Single-Leg Raise



TRX V-Up



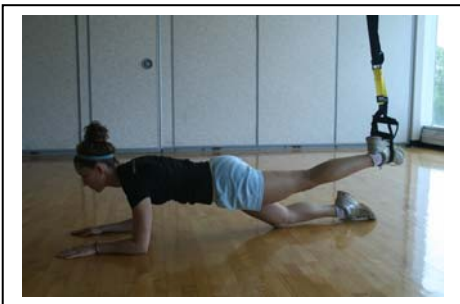
TRX Prone Plank (Elbows)



TRX Suspended Prone Plank (Hands)



TRX Single-Leg and Single-arm Prone Plank



TRX Crunch (Elbows)



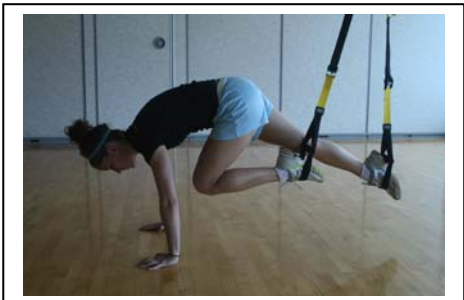
TRX Crunch (Hands)



TRX Oblique Crunch



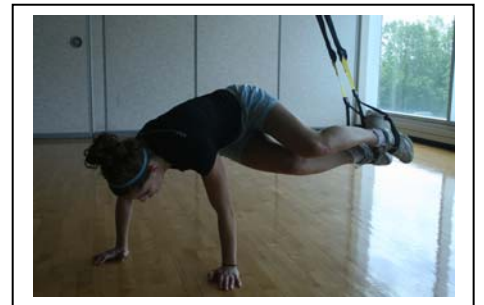
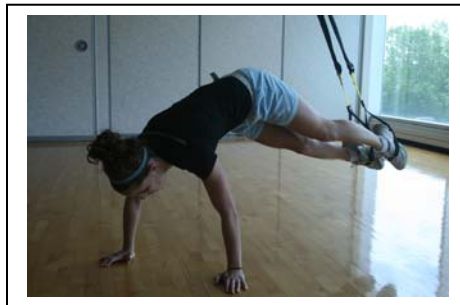
TRX Mountain Climbers



TRX Pike



TRX Pendulum



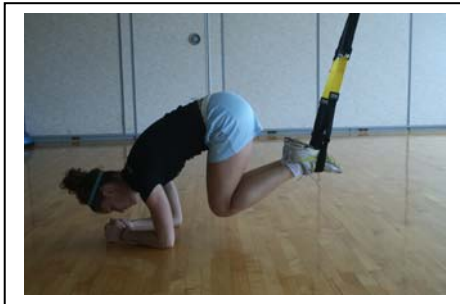
TRX Body Saw (Elbows)



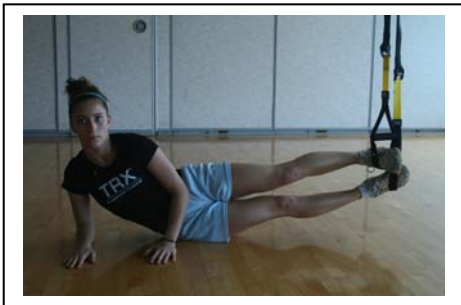
TRX Body Saw - Hands



TRX Body Saw with Crunch



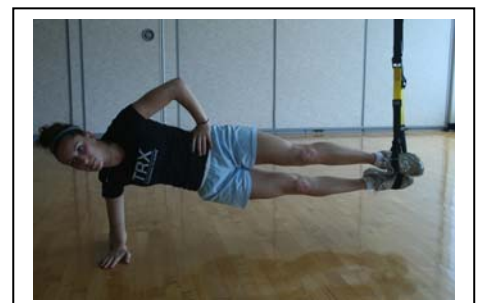
TRX Side Plank – Top Arm Assist



TRX Side Plank (Elbow)



TRX Side Plank with Hip Drops



TRX Side Plank with Reach-Through

