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 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 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