An advantage to using the TRX for stretching is the 3-dimensional movement it allows where you can position your body along any plane for the optimal stretch of any muscle. Experiment with slight changes in position and weight shifts to get at hard-to-stretch areas. Stretch can be executed in static or dynamic manner.

**TRX Chest Stretch**

**TRX Chest and Torso Stretch**
TRX Long Torso Twist Stretch

TRX Standing Figure-4 Stretch

TRX Standing Neck Stretch

TRX Wide Stance Hip Hinge Stretch