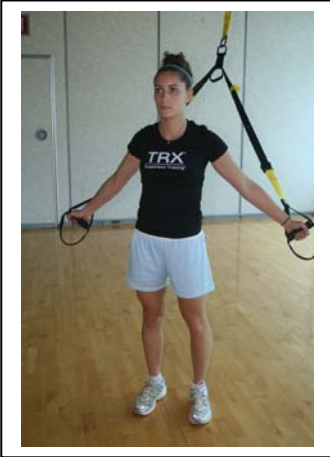


Flexibility and Mobility Exercises

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



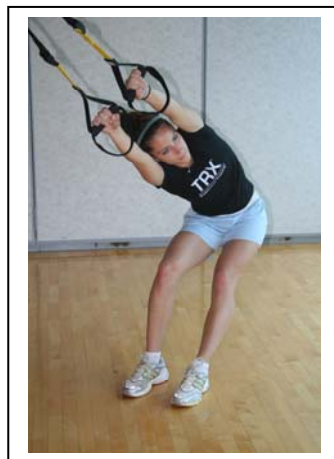
TRX Chest and Torso Stretch



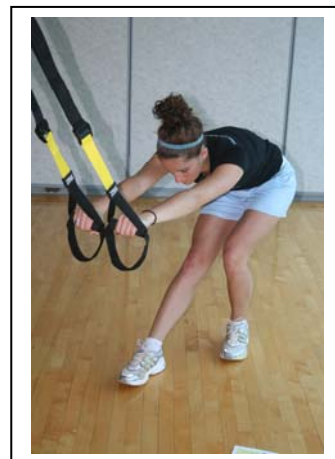
TRX Low Back Stretch



TRX Low Back Stretch with Rotations



TRX Offset Hip Hinge Stretch



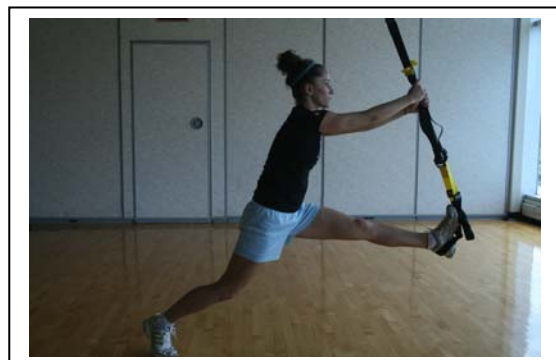
TRX Seated Figure-4 Stretch



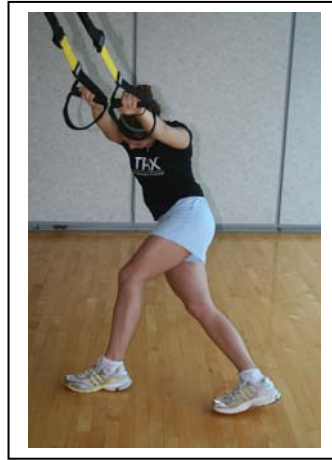
TRX Upper Back Stretch



TRX Standing Hamstring Stretch



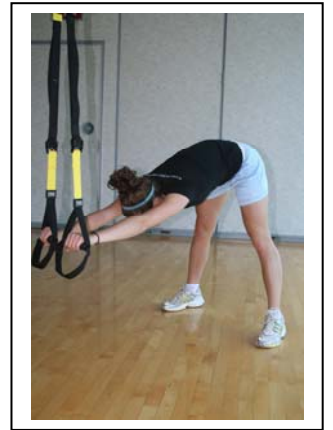
TRX Long Torso Twist Stretch



TRX Standing Figure-4 Stretch



TRX Wide Stance Hip Hinge Stretch



TRX Standing Neck Stretch

