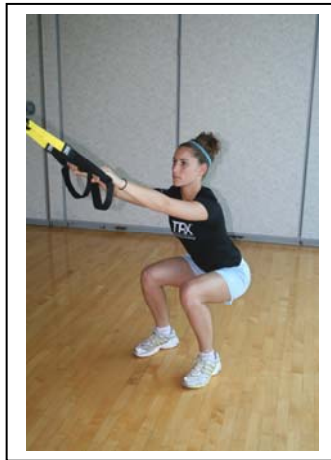


Strength Exercises – Lower Body

Strengthening exercises for the lower body on the TRX activates the core and is very effective in training for strength, stability, proprioception and power. Because the body can be unloaded onto the TRX, lower body exercises can be performed through greater range of motion safely with less stress and reducing compressive forces to inflamed tissues and joints. In addition, suspension training allows for unilateral (single) leg training for a variety of single and multiplanar exercises.

TRX Squat



TRX Single-Leg Squat



TRX Single-Leg Squat with Hop



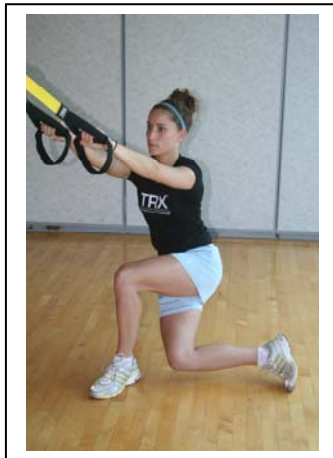
TRX Assisted Lunge



TRX Stepping Side Lunge



TRX Balance Lunge



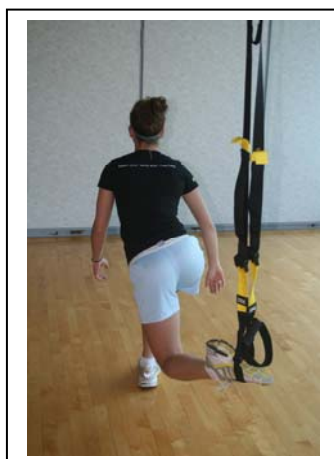
TRX Suspended Lunge



TRX Suspended Lunge with Hop



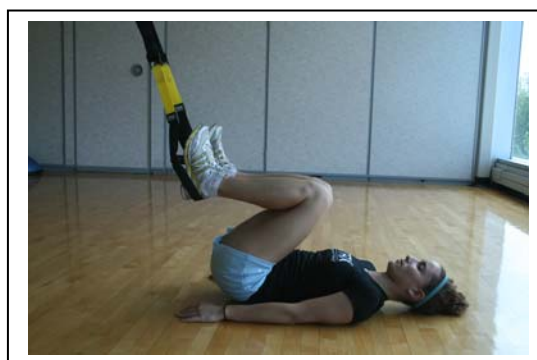
TRX Suspended Crossing Lunge



TRX Suspended Abducted Lunge



TRX Hamstring Curl – Hips Grounded



TRX Hamstring Curl – Hips Lifted



TRX Hip Press



TRX Supine Runners

