

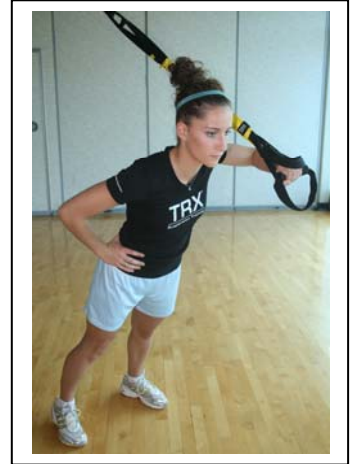
## Strength Exercises – Upper Body

Many upper body exercises on the TRX resemble traditional resistance training exercises but the whole-body integration and core activation makes them extremely effective in building functional strength.

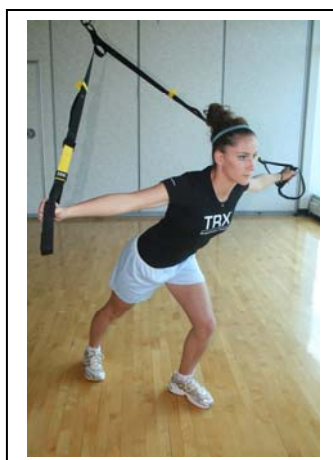
### TRX Chest Press



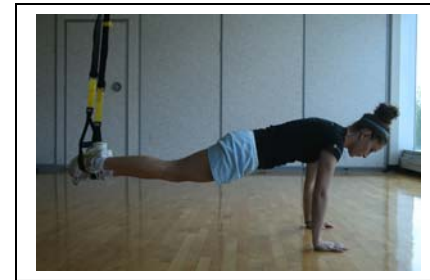
### TRX Single Arm Chest Press



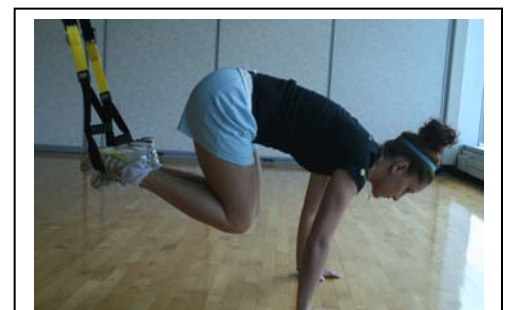
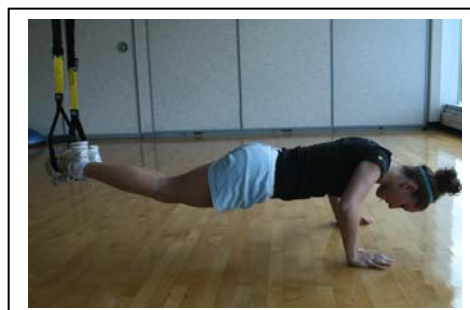
### TRX Chest Fly



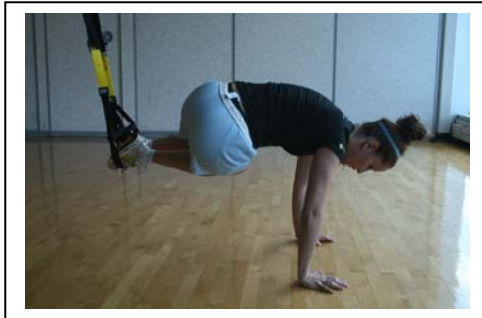
### TRX Push-up



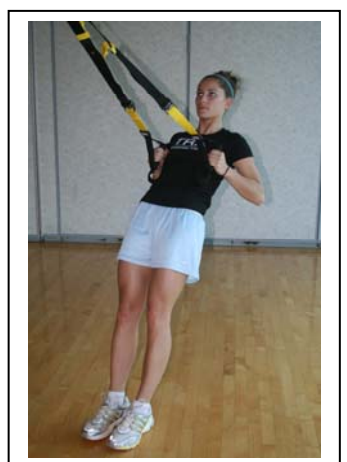
### TRX Atomic Push-up



### TRX Atomic Push-up - Oblique



### TRX High Back Row



### TRX High Back Row- 45 dg

### TRX Single Arm Row



### TRX Triceps Extension

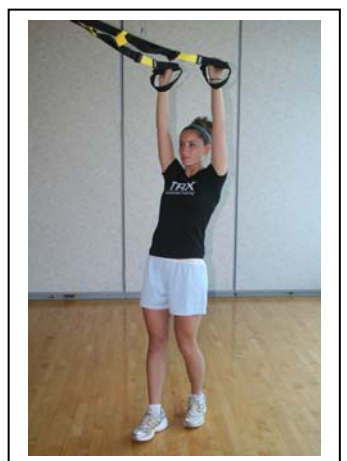




### TRX Triceps Extension - Knees



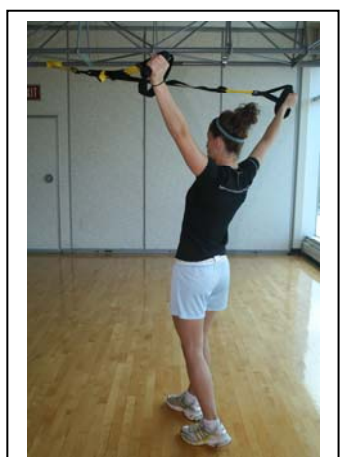
### TRX I Deltoid Fly



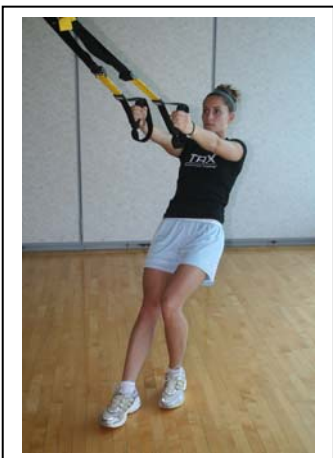
### TRX Y Deltoid Fly



### TRX Y Deltoid Fly



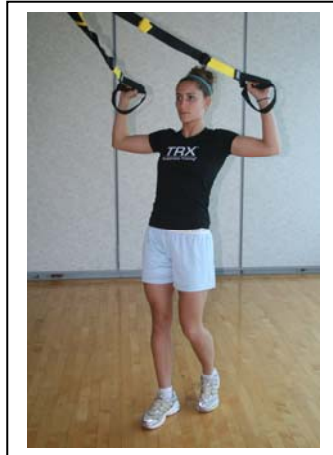
### TRX T Deltoid Fly



### TRX Low Deltoid Fly



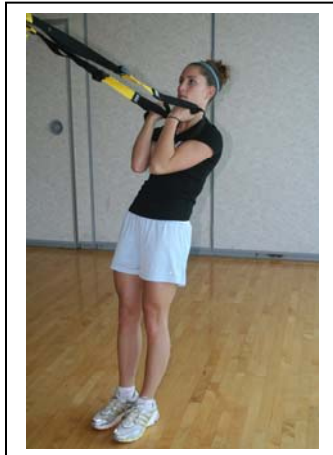
**TRX W Deltoid Fly**



**TRX Split Raise**



**TRX Biceps Curl**



**TRX Reverse Curl**



**TRX Single Arm Curl**

