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 Triceps Extension - Knees

TRX T Deltoid Fly

TRX Y Deltoid Fly

TRX Low Deltoid Fly