



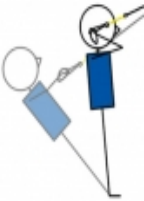






15 Minute Pilates Challenge: TRX Upper Body Challenge

| Time | Image | Pose | Description |
|------|--|----------------------------|---|
| |  | Chest Fly TRX | <p>Hold onto both handles. Lean forward while spreading arms to the sides (making a "T" with your arms). With your core engaged return to the starting position with control. This counts as one rep. Repeat.</p> <p>Benefits: Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=94</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |
| |  | Chest Press TRX | <p>Hold onto both handles. Lean forward. Do chest presses (elevated push-ups).</p> <p>Benefits: Strengthens triceps, chest, & upper back.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=79</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |
| |  | Tricep Extension TRX | <p>Tighten your core, exhale, and straighten at the elbows pressing your body away from your arms. Upper arms don't move and elbows continue to point forward away from your body throughout the exercise. Maintain a straight body position during the exercise keeping your head and spine neutral. Avoid sagging or arching your low back/hips. Inhale and with control, slowly lower your body to start position. This counts as one rep. Repeat.</p> <p>Benefits: Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=109</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |

| Time | Image | Pose | Description |
|------|--|--------------------------------|--|
| |  | <p>Long Arm Pull TRX</p> | <p>Stand tall with feet hip-width apart. Start from the TRX row position (arms straight). Pull your hands down towards the side of your hips to a standing position (feel like you're using your back to pull yourself up). Slowly control the decent coming down. Engage the core throughout the exercise. Feel the stretch through the lat muscles. Repeat.</p> <p>Benefits: Works lats, rhomboids, posterior delta, traps, biceps, and forearms.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=188</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |
| |  | <p>Pull Bicep Curl TRX</p> | <p>Stand tall with feet hip-width apart. Start from the TRX row position (arms straight). Turn hands so palms face up. Keep your elbows and upper arms exactly where they are and curl up until your head is in between your hands. Slowly control the decent coming down. Engage the core throughout the exercise. Feel the stretch through the bicep muscles. The only part of the body doing any movements are the forearms. Repeat.</p> <p>Benefits: Works lats, rhomboids, posterior delta, traps, biceps, and forearms.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=207</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |
| |  | <p>Row TRX</p> | <p>Turn the handles inward so your palms face each other. Hands are positioned chest-width apart. The goal will be to keep them in this position throughout the exercise. Use the muscles of your upper back, arms, and shoulders to pull your chest and torso up toward the handles of the suspension trainer, bending your elbows as you pull yourself up. Squeeze your shoulder blades together and keep your elbows close to your body and your palms facing in. Keep pulling until your chest is even with your hands. Hold. Reverse the movement and slowly lower yourself back to the start. Repeat.</p> <p>Benefits: Strengthens shoulders, core and back. Improves posture.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=150</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |

| Time | Image | Pose | Description |
|------|--|--|--|
| |  | <p>High Row TRX</p> | <p>Stand tall with feet shoulder-width apart. Hold the handle with a pronated grip. Maintain a straight posture and lean back until the straps are taut. Engage your core. Row your body by pulling upwards, bringing your elbows back. Reverse the movement back to the start position. Repeat.</p> <p>Benefits: Works lats, rhomboids, posterior delta, traps, biceps, and forearms.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=161</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |
| |  | <p>Single Arm Row TRX</p> | <p>Stand tall with feet together. Start from a pulled-in position. Grip the handle with one hand. Tall posture. Lower down into the single arm row while resisting rotation. Don't let your shoulders or hips turn. Initiate the movement by the shoulder coming down and back. Engage the core. Repeat.</p> <p>Benefits: Works lats, rhomboids, posterior delta, traps, biceps, and forearms.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=173</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |
| |  | <p>Standing Arm Rotation TRX</p> | <p>Anchor the TRX (adjust the straps to mid-length and place the handles in single handle mode). Step forward until your body is at a 45-degree angle, forward leg without bending your knee. Pull your shoulders down and back and reach forward with your arms making a triangle. Let the body rotate down while stabilising the core. When you have reached the limit of the torso rotation without moving your feet, slowly pull your arms back down to the start position. Repeat.</p> <p>Benefits: Core stability. Strengthens abdominal muscles, quadriceps, arms, and shoulders.</p> <p>Video: https://www.youtube.com/embed/HHHw3tjEho0?start=273</p> <p>Modifications: A) Hold only one of the handles. B) Use a BOSU. C) Use a balance disc.</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p> |

Lesson Plan Description:

This is a TRX suspension class.

What does TRX stand for?

TRX which stands for **T**otal-body **R**esistance **E**xercise

What are the 8 main benefits of TRX suspension training?

Benefit 1: Total-body Workout

There isn't another type of exercise that gives the same kind of total body workout as TRX exercises. TRX exercises use your own body weight to sculpt and stretch every muscle and joint in your body. You'll build hand strength, arm strength, core strength, lower body strength, and upper body strength.

Benefit 2: Improve Flexibility

The benefits of improved flexibility are (1) Better posture which makes you feel younger and more confident (2) Improved physical performance (3) Allowing your muscles to work efficiently (4) Improved ability to perform daily activities without aches and pains.

Benefit 3: Improve Balance

Your balance and coordination will improve. Improving balance is highly underrated. The benefits of improved balance are (1) reduced risk of injury (2) improved concentration (3) increased life span (4) reduced chance of getting arthritis, back pain, and other health issues (5) making you brighter by improving cognitive functioning.

Benefit 4: Improve Joint stability

Improving joint stability might not sound very exciting, but when you cross the 30-year-old barrier, you'll definitely want to pay closer attention to your joint stability. The benefits of improved joint stability are (1) joints move at their optimum range of motion (2) Preventing your joints from grinding together and wearing out - this causes constantly simmering, lingering pain.

Benefit 5: Fun Factor

You will feel like Superman or Superwoman when performing TRX because you are suspended and will be using your own body weight. This is surprisingly a lot of fun and you'll release a bunch of happy endorphins as you work out.

Benefit 6: Steel Core

Who doesn't want a steel core? I do, and it's not just for getting admiring looks when surfing (hmmm, it would help if I surfed).

To me personally, the main benefit of a strong core is to take the pressure off my spine. You're only as young as your spine. If you've got a weak core, your back muscles and spine will be extremely upset with you because you've doomed them. If you have back pain, it's almost certainly due to a weak core.

Consider this factoid. Approximately 4 out of 5 adults in the UK (that's a stunning 80% of the population) experience low back pain at some point in their lifetimes. It's the most common cause of job-related disability and the number one leading contributor to missed work days.

Benefit 7: One Training Tool

I like things to be simple. With this one training tool that is portable and takes up almost no space (unlike a Cadillac machine), you can become Superman or Superwoman.

Benefit 8: Save Time

You can minimize your training time by switching from one TRX exercise to the next in a few seconds.

My Final Thoughts On TRX Training

Whether you want a total-body workout, improve flexibility, improve balance, improve joint stability, or load up on those happy endorphins, you'll wish you had started TRX training years ago.

You can create lesson plans like this using the [Genie Lesson Planner](#)