
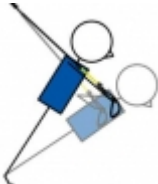

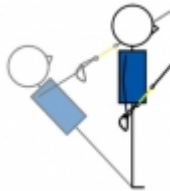







15 Minute Pilates Challenge: TRX Upper Body Challenge

 <p>Chest Fly TRX</p>	 <p>Chest Press TRX</p>	 <p>Tricep Extension TRX</p>	 <p>Long Arm Pull TRX</p>	 <p>Pull Bicep Curl TRX</p>	 <p>Row TRX</p>
 <p>High Row TRX</p>	 <p>Single Arm Row TRX</p>	 <p>Standing Arm Rotation TRX</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](#)