

TRX Power Core Workout

This quick visual reference for TRX Power Core shows the intermediate progression from the 30-minute workout. Follow along to develop the strength and stability needed in the core, hips and throughout the body in order to train for power effectively. To see the beginner and advanced progressions, please watch the workout video.



TRX Power Core Workout

TRX PRONE ABDUCTION

10 REPS

TRX PIKE

10 REPS

TRX HIP PRESS (LEGS STRAIGHT/ ON HANDS)

10 REPS

TRX SIDE PLANK (W/ DOUBLE KNEE TUCK)

5 REPS

TRX LOW ROW TO HINGE

8 REPS

TRX HINGE (SINGLE ARM)

8 REPS EACH ARM

TRX LUNGE (W/JUMP)

10 REPS EACH LEG

TRX SQUAT ROW (SINGLE ARM)

8 REPS EACH ARM

TRX CROSSING BALANCE LUNGE (UNDER ANCHOR)	8 REPS EACH LEG
TRX ABDUCTED LUNGE (W/ SIDE HOP)	8 REPS EACH LEG
TRX SQUAT JUMP	10 REPS
TRX HIP HINGE (SINGLE LEG W/ SNAP)	10 REPS EACH LEG
TRX SUMO SQUAT	10 REPS
KETTLEBELL SWING	PLUS 1 (TO 5)
TRX FRONT SQUAT (W/ HOP)	PLUS 1 (TO 5)
SANDBAG CLEAN	PLUS 1 (TO 5)

TRX PRONE ABDUCTION

30 MINUTE
WORKOUT



10

REPS

TRX PIKE

30 MINUTE
WORKOUT



10
REPS

TRX HIP PRESS

(LEGS STRAIGHT/ ON HANDS)

30 MINUTE
WORKOUT



10

REPS

TRX SIDE PLANK (W/ DOUBLE KNEE TUCK)

30 MINUTE
WORKOUT



5
REPS

TRX LOW ROW TO HINGE

30 MINUTE
WORKOUT



8

REPS

TRX HINGE (SINGLE ARM)

30 MINUTE
WORKOUT

8

REPS
EACH ARM



TRX LUNGE (W/ JUMP)

30 MINUTE
WORKOUT



10
REPS
EACH LEG

TRX SQUAT ROW

(SINGLE ARM)

30 MINUTE
WORKOUT



8

REPS
EACH ARM

TRX CROSSING BALANCE LUNGE

(UNDER ANCHOR)

30 MINUTE
WORKOUT



8

REPS
EACH LEG

TRX ABDUCTED LUNGE (W/ SIDE HOP)

30 MINUTE
WORKOUT



8

REPS
EACH LEG

TRX SQUAT JUMP

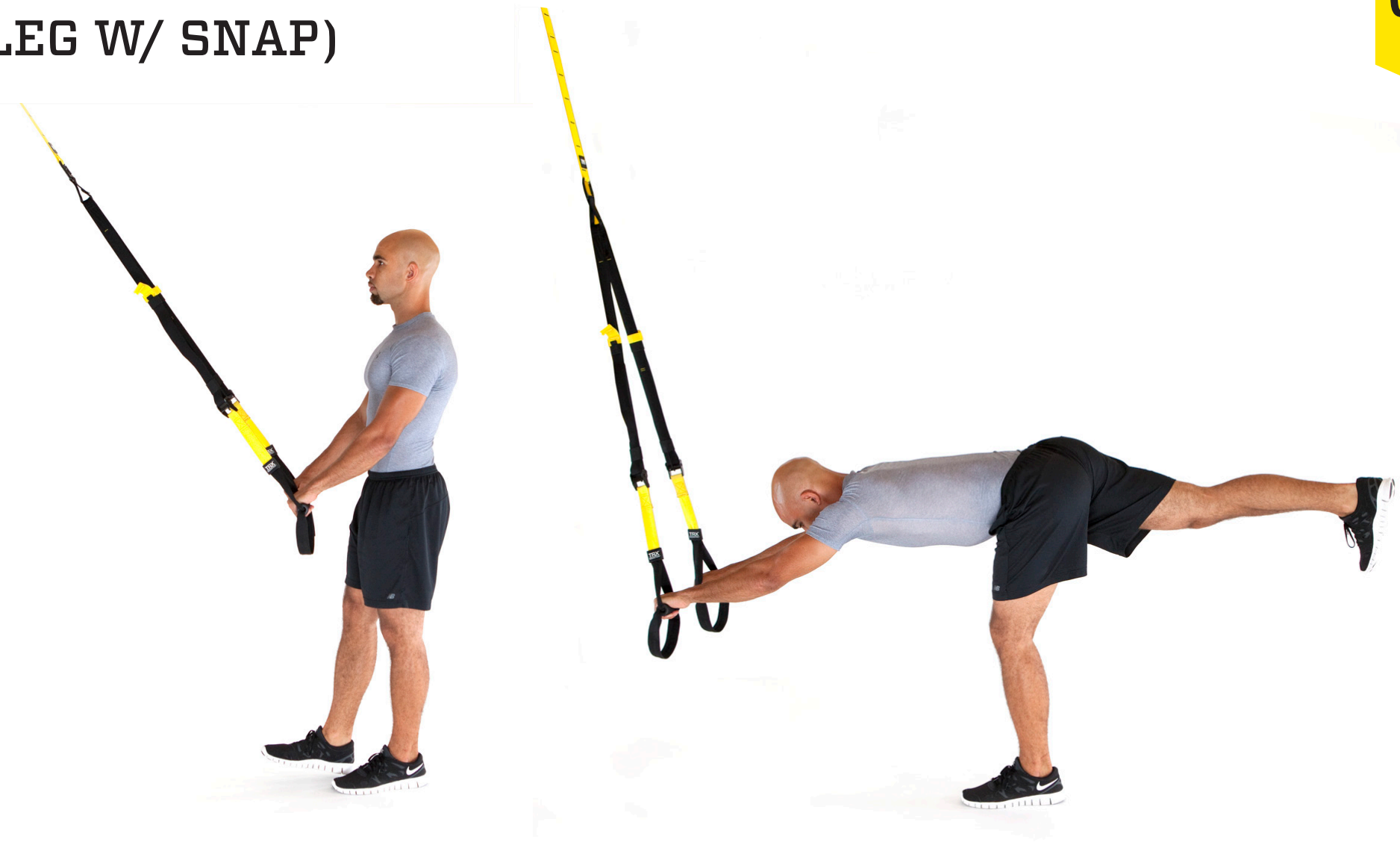
30 MINUTE
WORKOUT

10
REPS



TRX HIP HINGE (SINGLE LEG W/ SNAP)

30 MINUTE
WORKOUT



10
REPS
EACH LEG

TRX SUMO SQUAT

30 MINUTE
WORKOUT



10

REPS

KETTLEBELL SWING

30 MINUTE
WORKOUT



PLUS 1
CHALLENGE

1-5

TRX FRONT SQUAT (W/ HOP)

30 MINUTE
WORKOUT



PLUS 1
CHALLENGE

1-5

SANDBAG CLEAN

30 MINUTE
WORKOUT



PLUS 1
CHALLENGE

1-5

Connect:



facebook.com/TRXtraining



twitter.com/TRXtraining



youtube.com/TRXtraining

© 2011 Fitness Anywhere, LLC., San Francisco, California. All rights reserved.

No portion of this guide may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopy, recording or otherwise without permission of the publisher.

For information on reprints contact info@fitnessanywhere.com.

Limitation of Liability

The information in this guide is distributed on an “as is” basis without warranty. While every precaution has been taken in the preparation of this guide, Fitness Anywhere shall not have any liability, express or implied, to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions contained in this guide.

Intellectual Property Rights

Fitness Anywhere®, TRX®, Suspension Training®, Vector Resistance®, Make your body your machine®, the X® (Globe design), Suspension Trainer™, , TRX FORCE™, TRX FORCE Training™, TRX Sports Medicine™, Door Anchor™, Xmount™, Suspension Frame™, Xtender™, are trademarks and registered trademarks of Fitness Anywhere, Inc. in the U.S. and other countries. Patent Nos. 7,651,488, 7,806,814, 7,044,896, 7,762,932. Other domestic and international patents pending.

Fitness Anywhere, LLC.

755 Sansome St.

San Francisco, CA 94133

Publication Date: July 2011

Author: Fitness Anywhere, LLC.