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Jump to the Routine

The 8-Week Summer Body Challenge | Muscle & Fitness

The TRX Total Strength and Conditioning Workout Program is a six-week progressive training regimen (in PDF format) that will build your cardio endurance, strength, core stability and flexibility. Results are a combination of diligence and hard work, combined with appropriate rest, recovery and nutrition applied to a well-designed training program.

TRX Total Strength and Conditioning Workout Program

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A few weeks ago, I was scrolling through my Instagram. I was consuming my feed with eyes wide shut until I got slapped in the face with a video from John Meadows. He was doing y-pulls on a TRX suspension trainer. It looked as though he had four rear deltoids in each of his arms. Prior to this video, I hadn't given the TRX much credit. I knew they existed and had seen some ads on them, but ...

The 4 Week Suspension Trainer Workout Routine For Serious ...

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