Exercise Chart for TRX

**LEGS**
1. Balance Lunge
2. One leg Squat
3. Leg Extension
4. Hip Press
5. Hamstring Curl
6. Postural Squat
7. Regular Squat

**Abs - Low Back - Hips**
1. Standing Back Extension
2. Kneeling Roll Out
3. Suspended Pendulum
4. Plank: Front-Side-Back: On elbows or in Pushup Position
5. Suspended Crunch
6. Suspended Crunch in Pike position
7. Suspended Hip Abduction

**Upper Back**
1. Pull over
2. Lay Back Row
3. Pull ups/Chin ups
4. Lat Pulldown
5. Swimmers Pull

**Chest**
1. Dips: Lay back or Seated on ground
2. Chest Fly: Kneeling or Standing
3. Pushup
4. Suspended Pushup or handstand press
5. Chest Press
6. Atomic Press: Push up and Suspended Crunch

**Shoulders**
1. "T" Deltoid Fly
2. Front Raise
3. Low Deltoid Fly
4. "Y" Deltoid Raise
5. Scapula Retractions
6. Internal and external Rotation
7. Handstand Pushup
8. Layback shrugs
**Arms**
1. Biceps Curl: Single or both arms
2. Triceps Press
3. Hammer Curls
4. Reverse Curls

**Neck**
1. 4 way neck (extension probably easiest and safest)