

TRX Multi Sport Guide Volume 1 Performance Enhancement

Competing in endurance sports is a daunting task. A demanding training schedule coupled with career and family commitments means that supplementary strength training can be difficult to fit in, despite its proven benefits.

The TRX System's effectiveness, versatility and convenience make it the perfect strength training tool for any serious multi-sport athlete. Time-efficient and performance minded, the TRX multi-sport guide series is the ideal companion to enhance endurance training and bring you to the next level.

"Performance Enhancement" is the title of volume 1 and performance is exactly what it delivers. This sport specific program was developed to meet both the physical and time demands of multi-sport athletes. It features exercises that will develop the strength and stability that will improve every element of your racing.

Professional triathletes don't have any time to waste when it comes to training. Here is what they have to say about the TRX Multi-Sport Training guide series.

"The TRX is perfect for any triathlete. I have never had such a great strength workout in such a short period of time."

Marilyn Chychota Winner of Ironman Malasia 2004

Before beginning, be sure to read the Guidelines and Tips page. This will ensure that you truly maximize your results with the program

TRX Multi Sport Guide Volume 1 Performance Enhancement

Guidelines and Tips

This program has been designed as a balanced, 12 exercise progression. There are 4 movements for each of the lower body, upper body and core. Every exercise has been carefully selected specifically to support an element of multi-sport performance and each one demands core and joint stability.

The program gives the option of being done as a complete progression or broken up into 3 short sections of 4 exercises, depending on how much time you have available to complete it.

This program is based on timed sets as opposed to target repetitions. The goal is to complete as many repetitions with good form in the allotted time as possible. The basic method of progression is described below.

How and When to Progress

- Move from the Basic to the Advanced Program Progression once you are able to complete 1 circuit with no rest break between exercises and can no longer increase the number of reps without sacrificing proper form.
- When moving up to the Advanced Program Progression, add back a rest interval between exercises and slow the tempo of your repetitions within each set.
- Progress through the Advanced Progression by gradually reducing your rest intervals and increasing your tempo.
- Once you can perform one complete circuit of the Advanced Progression with minimal rest, a quick tempo and perfect form, increase the challenge by adding an additional circuit.
- You may initially need to return to the Basic Progression for your second circuit.

It is also possible to circuit this workout with cardiovascular intervals. This is best done by following each section of 4 TRX exercises with a 5 to 10 minute interval of cardio activity. This is a very intense but effective and efficient method of completing the workout.

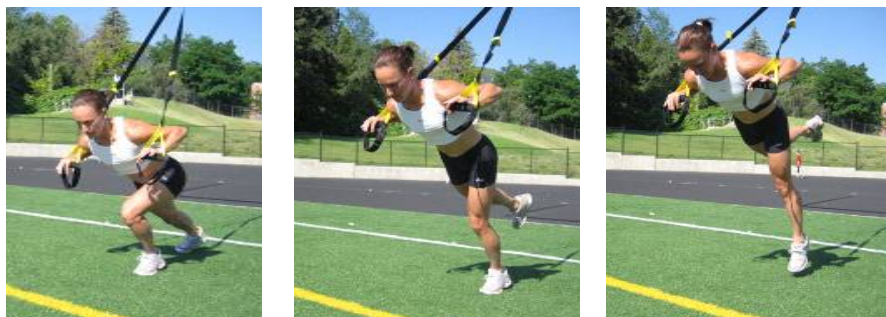
Train hard and have fun!

TRX Multi-Sport Guide: Performance Enhancement

Lower Body Exercises		Program Progression	
Basic	Advanced		
1	TRX Sprinter's Start	30 sec each	60 sec each
2	TRX Suspended Lunge (power progression)	60 sec each	30 sec each
3	TRX Supine Runner	30 sec each	60 sec each
4	TRX Hip Press	30 sec	60 sec
Upper Body Exercises		Basic	Advanced
1	TRX Swimmer's Rollout	30 sec each	60 sec each
2	TRX Swimmers Pull	30 sec	60 sec
3	TRX Deltoid "Y" Raise	30 sec	60 sec
4	TRX Preacher Tricep Press	30 sec	60 sec
Core Exercises		Basic	Advanced
1	TRX Standing Back Extension	30 sec	60 sec
2	TRX Suspended Twisting Pendulum	30 sec	60 sec
3	TRX Body Saw / Pike Combo	30 sec	60 sec
4	TRX Oblique Body Saw	30 sec each	60 sec each

#1 TRX Sprinter's Start

Primary Target: Quadriceps
Benefits: Increased run specific leg strength & endurance



Start Position

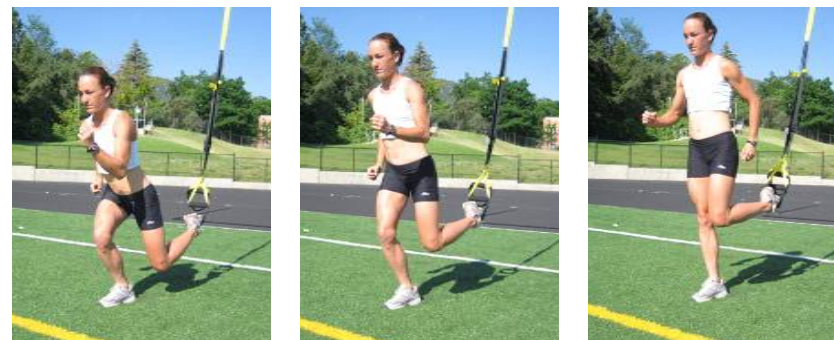
- Adjust system so that it is fully extended
- Arms are bent at elbows with hands tucked in close to body
- Push body weight into handles and lift one foot slightly above ground beside other

Movement Description

- Lower only to a 90 degree angle at forward knee
- No propulsive force should be generated from back leg
- Ensure knee of weight-bearing leg does not go beyond toe
- Ensure hips stay aligned behind shoulders throughout movement

#2 TRX Suspended Lunge (power progression)

Primary Target: Quadriceps, Hamstrings, Gluteals
Benefits: Increased bike and run strength and endurance and added hip stability.



Start Position

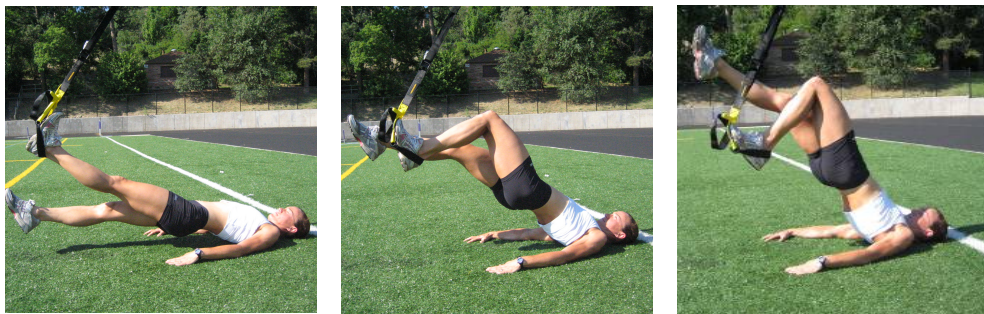
- Adjust system so that lowest point is 12" from ground
- Convert system into single handle mode
- Position body about 3 feet in front of TRX

Movement Description

- Lower into a lunge position while pressing suspended leg back
- Ensure knee of weight-bearing leg does not go beyond toe
- Keep ankle knee and hip of weight-bearing leg in alignment
- Keep shoulders over hips to avoid an excessive forward lean

#3 TRX Supine Runner

Primary Target: Hamstrings and Gluteals
Benefits: Increases strength and activation of run propulsion muscles in a sport specific motor pattern.



Start Position

- Fully extend TRX system and configure into single handle mode
- Hold suspended leg perpendicular to ground
- Keep toes flexed toward shins

Movement Description

- Press down with heel in foot cradle lifting hips off ground
- Sweep straight leg down in run motion
- This action lifts hips off ground
- Bend knee toward chest to lower hips back to ground

#4 TRX Hip Press

Primary Target: Hamstrings and Gluteals
Benefits: Increase hip extensor strength and activation for better stride length and pedaling power.



Start Position

- Position TRX system so that it is 12" above ground
- Pull heels toward body until a 90-degree angle at knee is created
- Keep toes flexed toward shins

Movement Description

- Press hips up as high as possible using hamstrings and glutes
- Keep shoulders, hips and knees aligned at top of movement
- Lower body until tailbone just touches ground

#5 TRX Swimmer's Rollout

Primary Target: Lats, Triceps and Shoulder Stabilizers
Benefits: Builds swim-specific strength for the front and middle part of the stroke.



Start Position

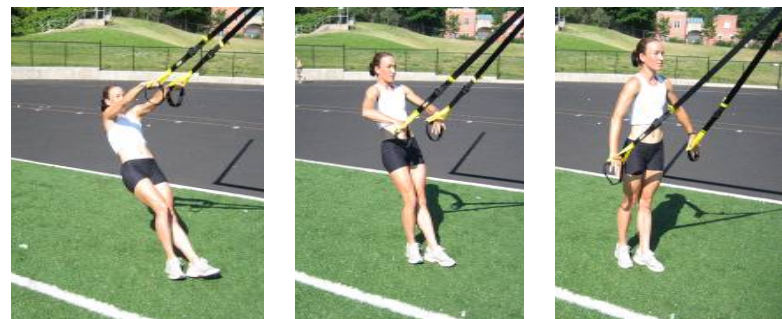
- Configure TRX into single handle mode and adjust so it is 12" from ground
- Stand in slight off-set stance with one hand in system
- Extend arm out with a high elbow

Movement Description

- Engage pull body back to upright by engaging lat, mimicking the catch and pull phase of a swim stroke
- Return to start position with a slightly wider motion, keeping elbow high

#6 TRX Swimmer's Pull

Primary Target: Latissimus Dorsi and Triceps
Benefits: This closed-kinetic chain exercise develops swim-specific strength and endurance.



Start Position

- Adjust TRX system to fully lengthened position
- Configure feet in T-position with weight on back foot
- Engage core and hold body alignment

Movement Description

- Press down on handles keeping arms straight and elbows high
- Pull body upright while weight rocks from back to front foot
- Hands finish at hips while body stays aligned
- Keep shoulders stable and avoid shrugging them up toward ears

#7 TRX Deltoid "Y" Raise

Primary Target: Deltoids
Benefits: Develops shoulder strength & endurance for swimming.



Start Position

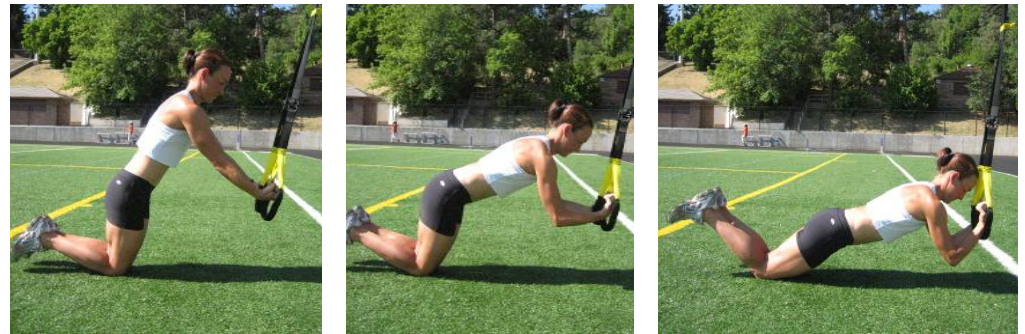
- Adjust TRX system to fully lengthened position
- Grasp handles using a 45 degree grip
- Configure feet in a "t" position for shallower angles

Movement Description

- Raise extended arms overhead in a "Y" and avoid leading action with hips
- Maintain constant tension on TRX
- Return to start position using a slow controlled, eccentric motion

#8 TRX Preacher Tricep Press

Primary Target: Triceps
Benefits: Sport specific tricep strength that will help to create a powerful finish and enhance endurance for longer events.



Start Position

- Adjust TRX so that it is 18" from ground
- Kneel in front of system, grasping handles with hands supinated
- Most of weight is over knees

Movement Description

- Increase weight on handles by rocking forward
- Lower slowly, feeling tension in triceps
- Keep shoulder angle constant
- Adjust hip position over knees to change resistance

#9 TRX Standing Back Extension

Primary Target: Erector Spinae, trapezius and posterior deltoid
Benefits: Strengthens back extensors for less low back fatigue and stronger run posture.



Start Position

- Adjust TRX so that it is fully extended
- Distribute weight onto heels and align entire body
- Bend at hips to 90 degrees and keep arms next to ears



Movement Description

- Engage back extensors and press hips back to start position
- Reach high overhead and ensure perfect alignment

#10 TRX Suspended Twisting Pendulum

Primary Target: Inner and Outer Obliques
Benefits: Builds rotational power in torso necessary for a strong and powerful swim stroke



Start Position

- Adjust TRX system so foot cradles are 8" from ground
- Assume a pushup position where tailbone is the highest point of body
- Weight can be supported on elbows instead of hands if necessary

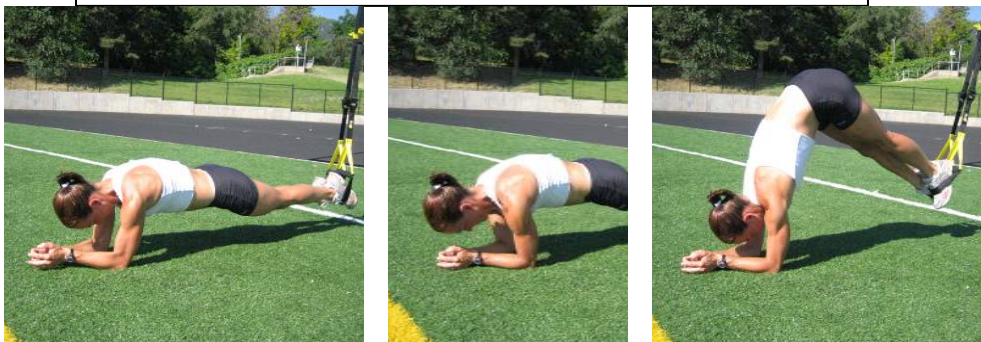


Movement Description

- Twist and lower right and then left hip in rhythm
- Keep arms straight throughout movement
- Build to amplitude and speed that is challenging without compromising control

#11 TRX Piking Body Saw

Primary Target: Transverse Abdominis and Rectus Abdominus
Benefits: Develops the core performance and abdominal stability that is utilized in every sport.



Start Position

- Position TRX system so foot cradles are 8" off ground
- Elevate hips into a "plank position"
- Upper body is supported by forearms or by hands

Movement Description

- Engage firmly through the core
- Never let hips sag during exercise
- Keep alignment unchanged and rock body back slowly
- Pull forward forcefully, carrying "body saw" into a full pike

#12 TRX Oblique Body Saw

Primary Target: Quadratus Lumborum and Obliques
Benefits: Builds core performance and stability in the frontal plane that is used predominantly in swimming



Start Position

- Position TRX system so foot cradles are 8" off ground
- Elevate hips into a "side plank position"
- Upper body is supported by hands in off-set position

Movement Description

- Engage firmly through the core
- Keep alignment unchanged and rock body back and forth slowly in a sawing motion
- Never let hips sag during exercise