



30 minute TRX Total Body Workout

www.coretrainingtips.com



Is it possible to work all the muscles in your body and significantly increase your physical fitness in 30 minutes?

With TRX it is! Try a training plan, which will help you strengthen your whole body in many planes. **And moreover, you will enjoy it.**

Save Big with Our Exclusive TRX Discount Code

As a **No.1 TRX ambassador** I have got the perfect **TRX promo code** for you!

With this exclusive TRX discount code, you can save big on the ultimate fitness tool, education or apparel.



How to apply the 15% TRX discount code

1. Go to www.trxtraining.com or www.trxtraining.co.uk
2. Add your selected products to the cart.
3. In the second step of the cart, enter the exclusive TRX sales code:
TRX15LUKAS
4. **Enjoy your 15% discount** and get ready to transform your fitness routine!

TRX **Get 15% off on all items**

Cart > Information > Shipping > Payment

Express checkout

shop Pay PayPal G Pay

OR





Contact information Already have an account? Log in

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Email me with news and offers

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Canada

	1 TRX EXERCISE BANDS ALL	\$22.95
	1 TRX® GRAVITY CAST KETTLEBELLS 4 kg (8.8 lbs)	\$34.95
	1 TRX® PRO4 SYSTEM	\$279.95
	1 TRX WALL BALL (10") 4 lbs	\$57.95
<input type="text" value="Gift card or discount code"/>		<input type="button" value="Apply"/>
Subtotal		\$395.80
Discount		-\$79.16

In the second step of the cart, enter the exclusive TRX sales code:

TRX15LUKAS

Discount applies to all TRX products:

- TRX Suspension Trainers
- TRX Resistance
- TRX Weights
- TRX Mounting
- TRX Accessories
- TRX Apparel
- TRX Agility Training
- TRX XD Kevlar

Ready for the Workout? Let's go!

With the training routine below, you will strengthen your whole body in many [planes of movement](#) by using highly integrated movements.

The intensity of each exercise can be modified by selecting stance, choosing body angles and workout procedure. **For beginners we recommend choosing smaller body angles.** You can also lengthen the workout intervals, shorten the rest intervals or increase demands on the cardiovascular system.

The cycle shown below lasts approximately 30 minutes and it is divided into 3 rounds. Repeat each training round 2x before you move on to the next one.

30 MINUTE
TRX TOTAL BODY WORKOUT

30 MINUTE
TRX WORKOUT PLAN
TRAINING GUIDE

FREE

↓

TRX Warm Up Exercises

Before any physical activity, it is necessary to warm up sufficiently.

A warm-up serves as an adaptation of the whole body to a physical strain and strenuous performance.



Dynamic warm up exercises using TRX Suspension Trainer

The point is to produce heat in the body and muscles. This phase is a necessary part of every training session. Better flexibility and mobility of the body can help lower the risk of injury.

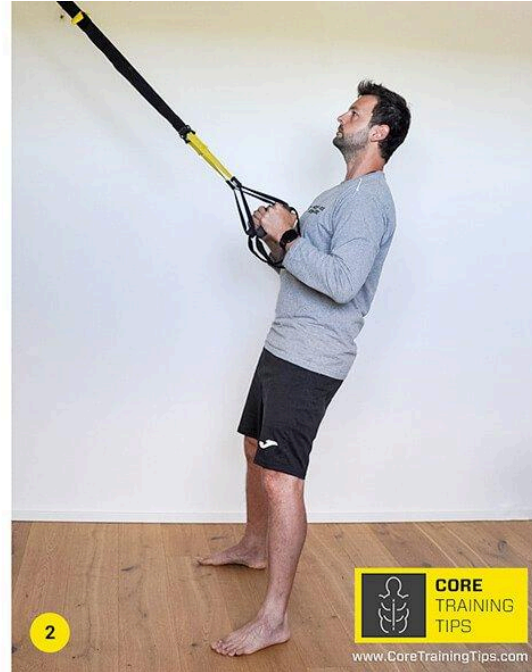
Use controlled movements when warming up instead of swinging around or just trying to “loosen things up” quickly. TRX Warm Up movements will help increase mobility in ankles, hamstrings and hips.

First round

TRX LOW ROW

10 REPS

15 SEC REST

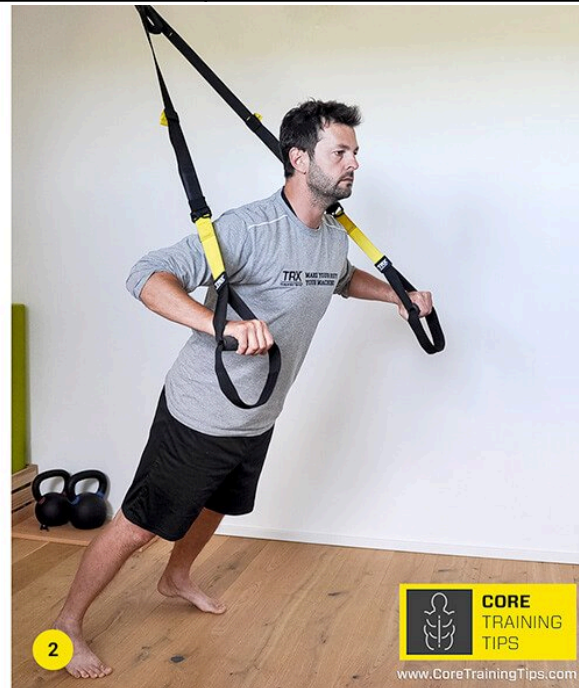


Adjustment: Short TRX

TRX CHEST PRESS

10 REPS

15 SEC REST

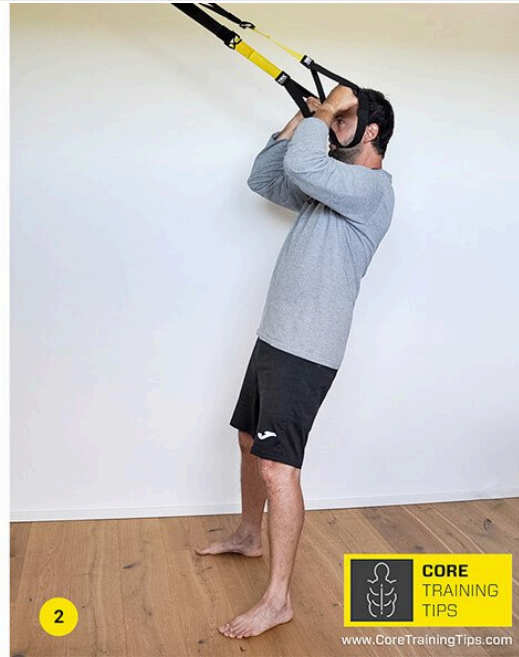


Adjustment: Long TRX

TRX BICEPS CURL

10 REPS

15 SEC REST

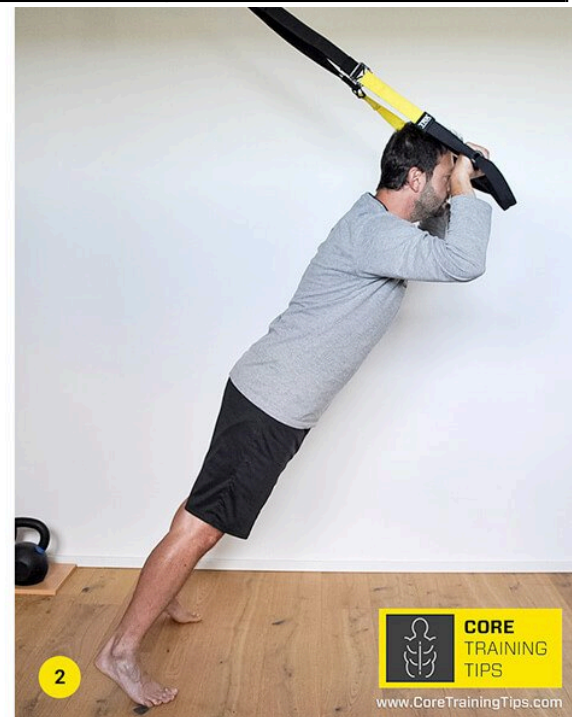


Adjustment: Mid Length TRX

TRX TRICEPS PRESS

10 REPS

15 SEC REST



Adjustment: Mid Length TRX

TRX TRICEPS PRESS

5 REPS EACH SIDE

1 MINUTE REST



Adjustment: Mid Length TRX



repeat round



Save Big with This Exclusive TRX Discount Code: **TRX15LUKAS**

Applies to all TRX products:

- TRX Suspension Trainers
- TRX Resistance
- TRX Weights
- TRX Mounting
- TRX Accessories
- TRX Apparel
- TRX Agility Training
- TRX XD Kevlar

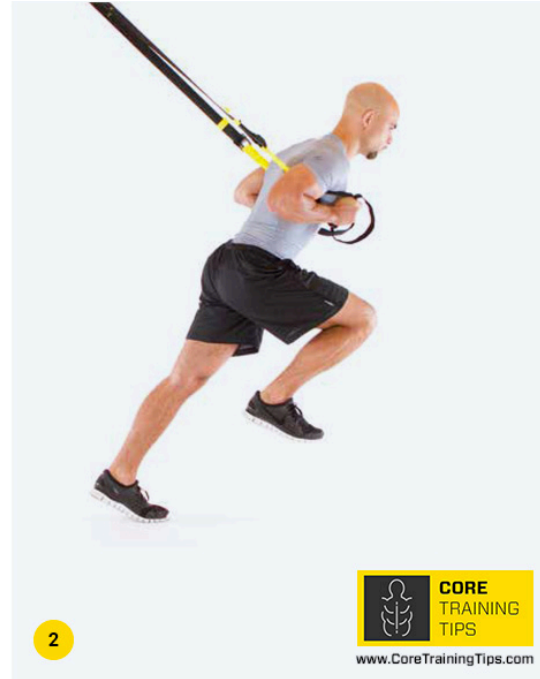
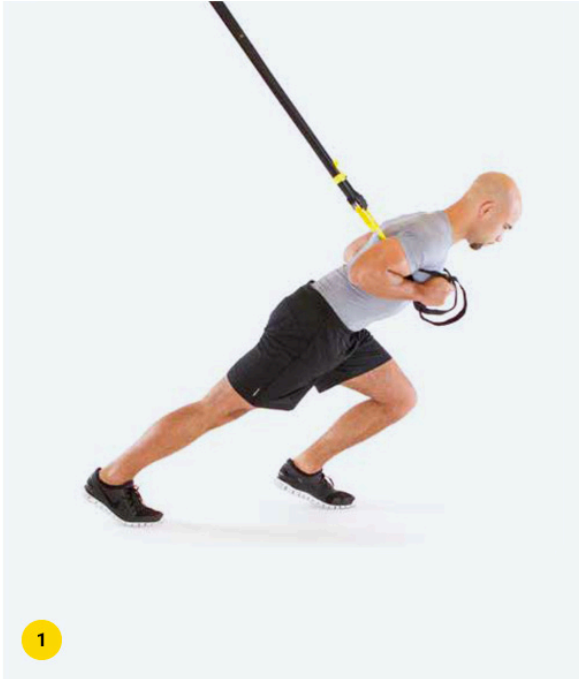
 [How to apply](#) the TRX Training Discount Code

Second round

TRX SPRINTER START

5 REPS EACH LEG

15 SEC REST

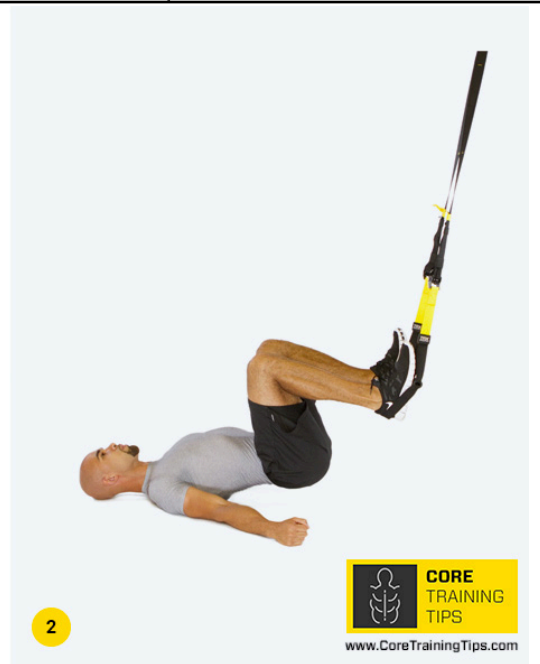


Adjustment: Mid Length TRX

TRX HAMSTRING CURL

10 REPS

15 SEC REST

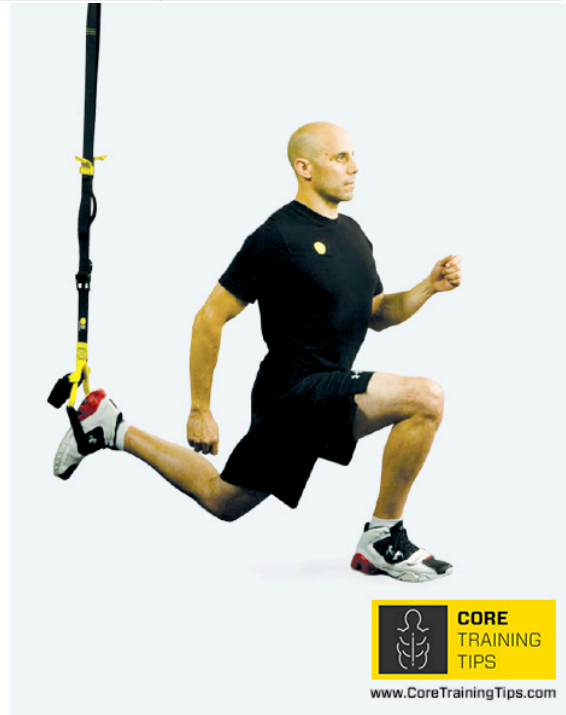
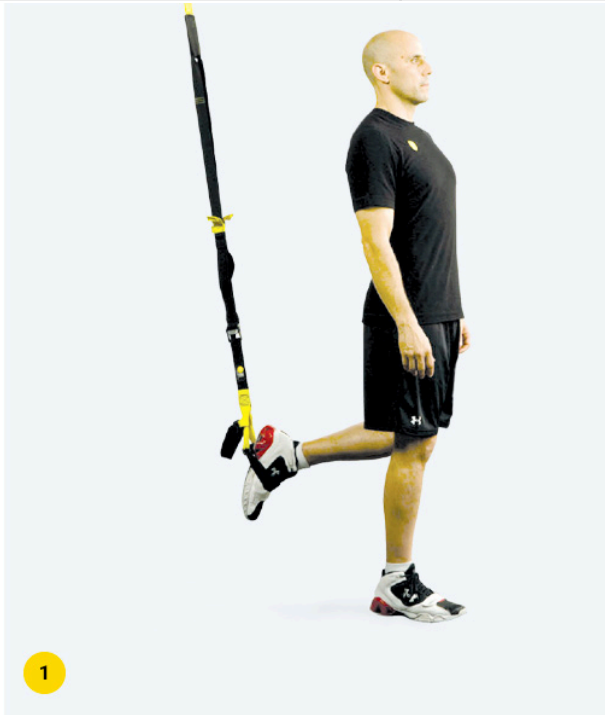


Adjustment: Mid Calf TRX

TRX LUNGE

5 REPS EACH LEG

15 SEC REST

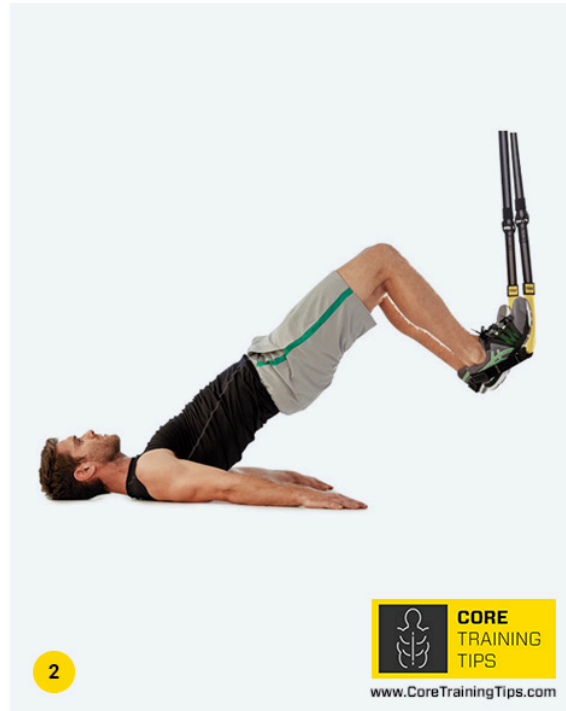
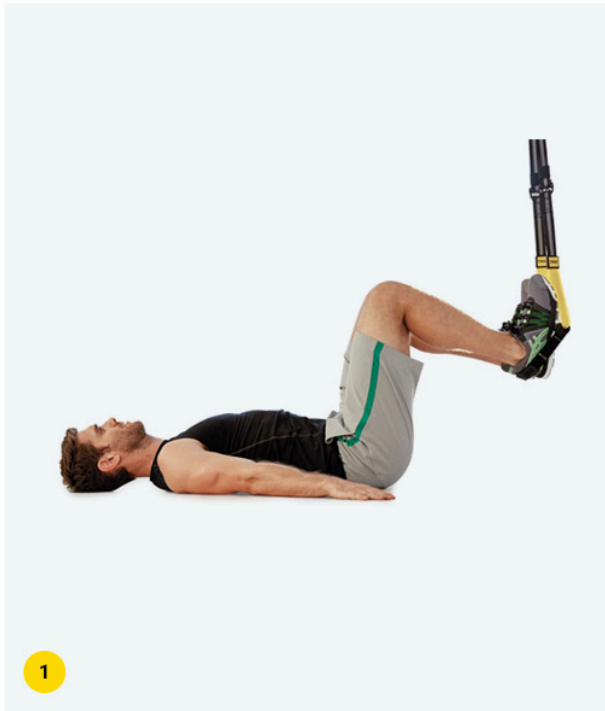


Adjustment: Mid Calf TRX

TRX HIP PRESS

10 REPS

15 SEC REST

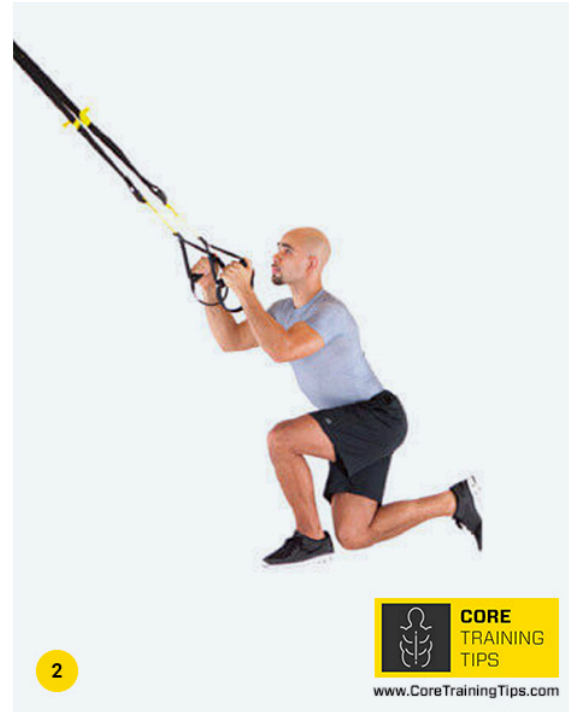
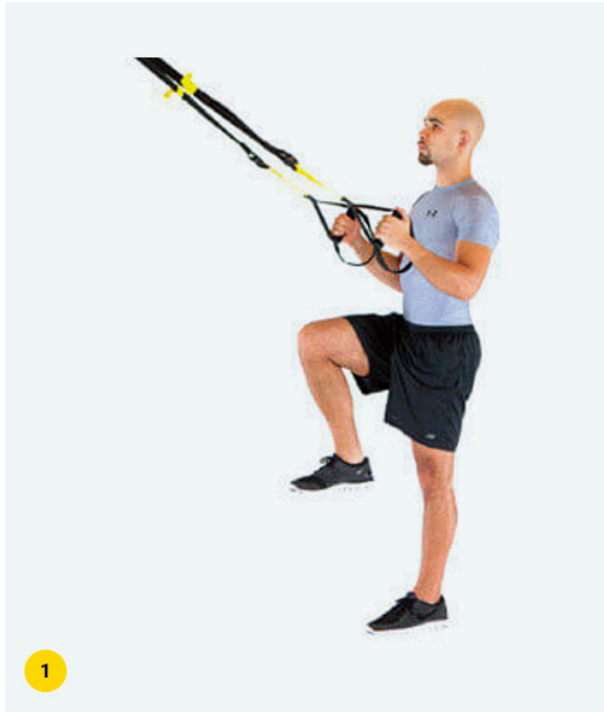


Adjustment: Mid Calf TRX

TRX CROSSING BALANCE LUNGE

5 REPS

1 MINUTE REST



Adjustment: Mid Calf TRX



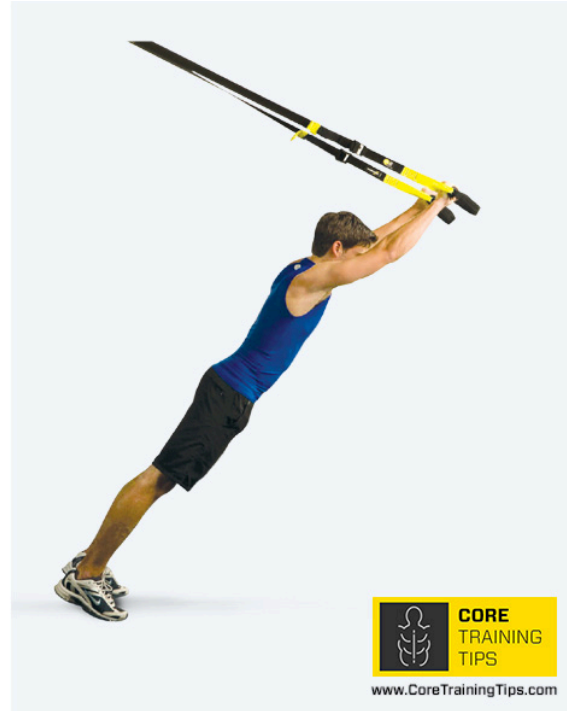
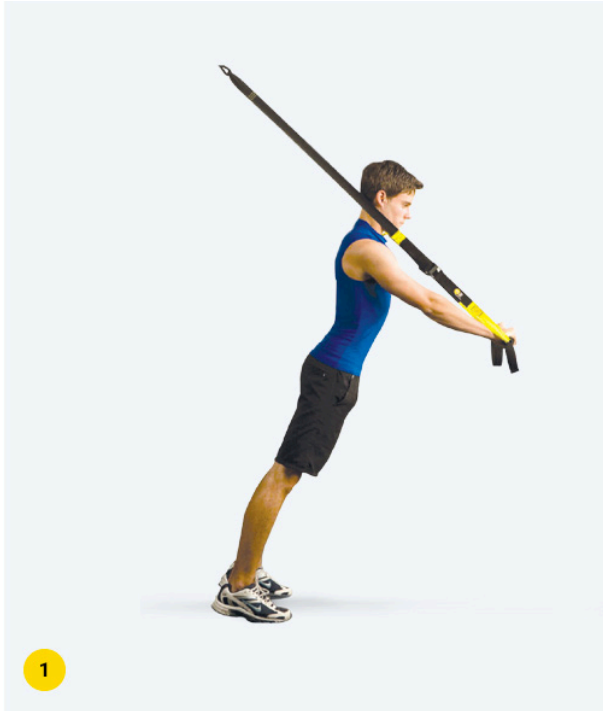
repeat round

Third round

TRX STANDING ROLLOUT

10 REPS

15 SEC REST

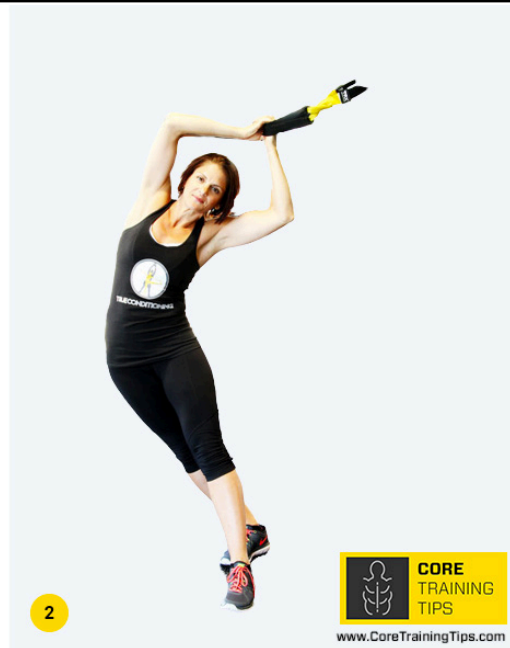
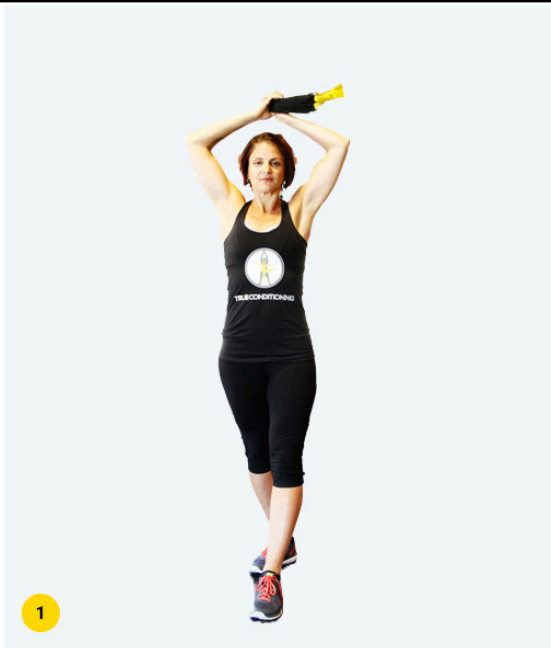


Adjustment: Mid Length TRX

TRX STANDING HIP DROP

5 REPS EACH SIDE

15 SEC REST

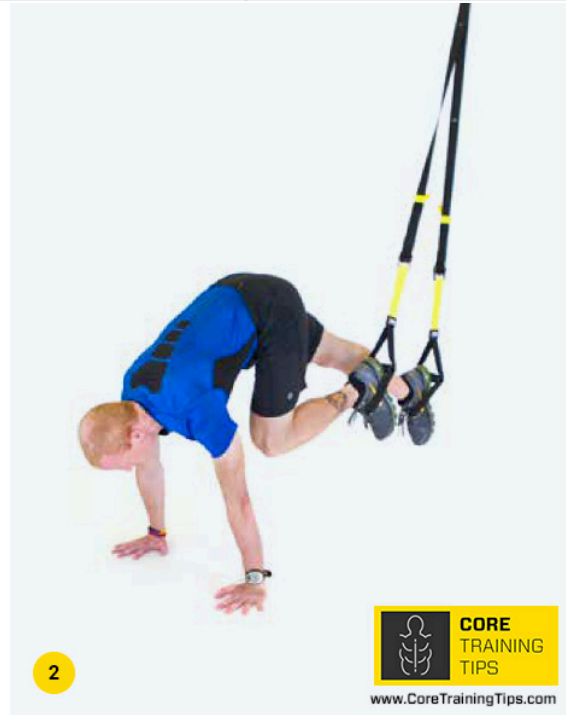
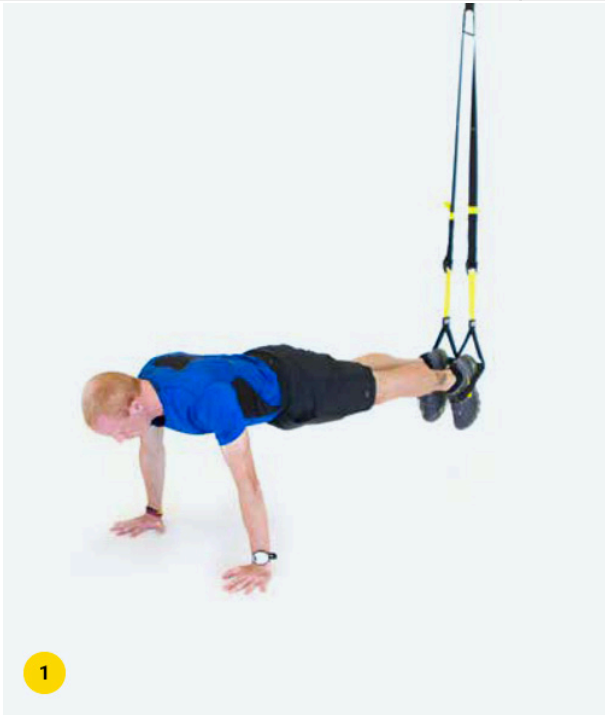


Adjustment: Mid Length TRX

TRX MOUNTAIN CLIMBER

10 REPS

15 SEC REST

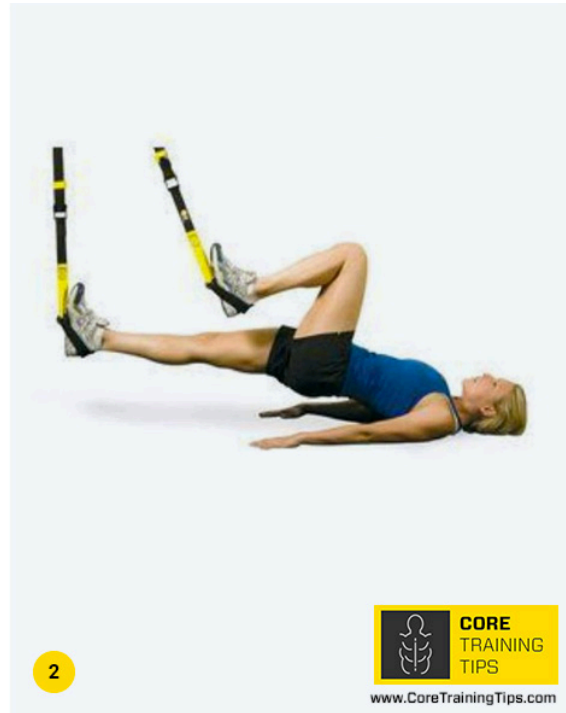
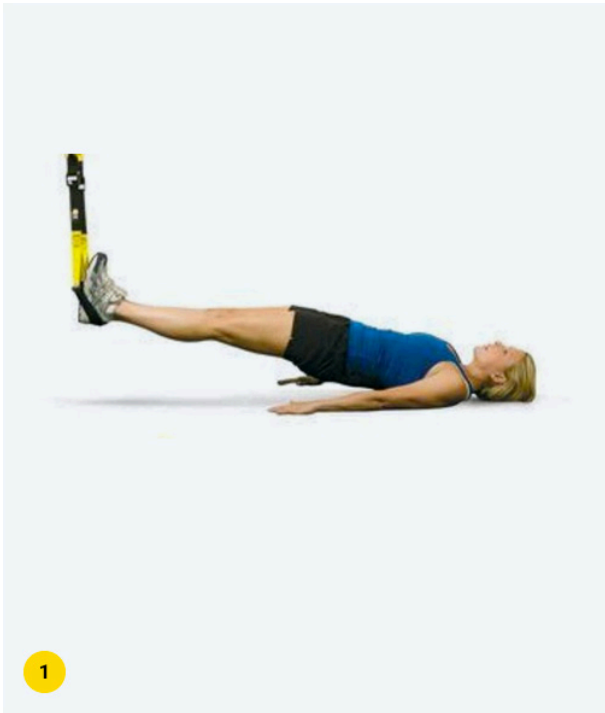


Adjustment: Mid Calf TRX

TRX HAMSTRING RUNNER

10 REPS

15 SEC REST

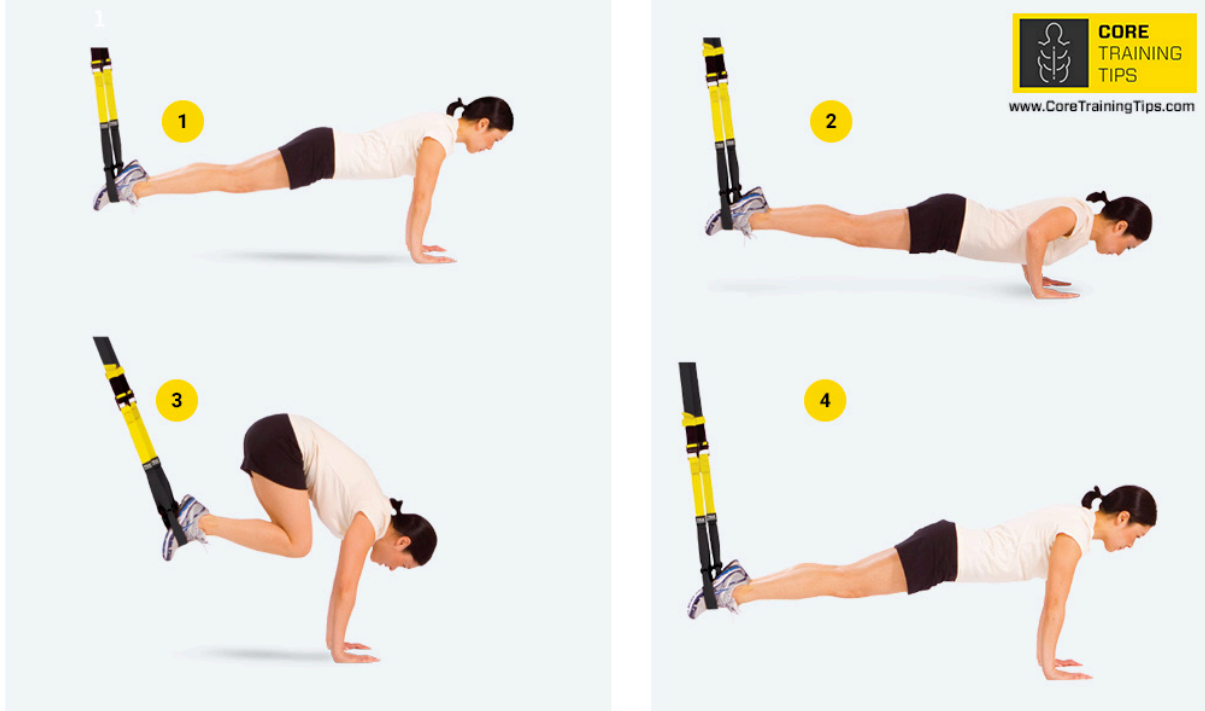


Adjustment: Mid Calf TRX

TRX ATOMIC PUSH-UP

10 REPS

1 MINUTE REST

**Adjustment:** Mid Calf TRX

Keep in Mind These Tips

The individual TRX exercises are compiled so that the whole body is worked. It is a **universal TRX training**, which you can perform at home, at the gym or while traveling.

Complete beginners are recommended to take at least 5 lessons with a professional TRX trainer. This way, you will learn:

- [how to set and mount your TRX safely](#)
- how to avoid mistakes when exercising on TRX
- how to breathe properly

- you will familiarize yourself with the effective principles of the suspension training

TRX training is designed for complete beginners as well as for elite athletes. Exercises can be escalated easily. **The load can be set according to your body position.**



Find more information here:

<https://www.coretrainingtips.com/trx-workouts/>