



TRX MMA workout

TRX training and its use in martial arts

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*Is it possible to work all the muscles in your body and significantly increase your physical for a real fight? **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.

Ready? 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.

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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.



TRX AMBASSADOR

15% OFF TRX

USE CODE: **TRX15PUSHUPS**

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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: **TRX15PUSHUPS**
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

Email

Email me with news and offers

Shipping address

Country/region
Canada

1	TRX DOOR HINGE ANCHOR	\$34.95
	TRX15CORE (-\$5.24)	\$29.71
1	TRX STRENGTH BANDS	\$14.95
	Blue: 5lb. - 15lb.	
	TRX15CORE (-\$2.24)	\$12.71
1	TRX® PRO4 SYSTEM	\$279.95
	TRX15CORE (-\$41.99)	\$237.96

Discount code or gift card

TRX15PUSHUPS X **TRX15PUSHUPS**

Subtotal **\$329.59**

Shipping Calculated at next step

Total USD **\$329.59**

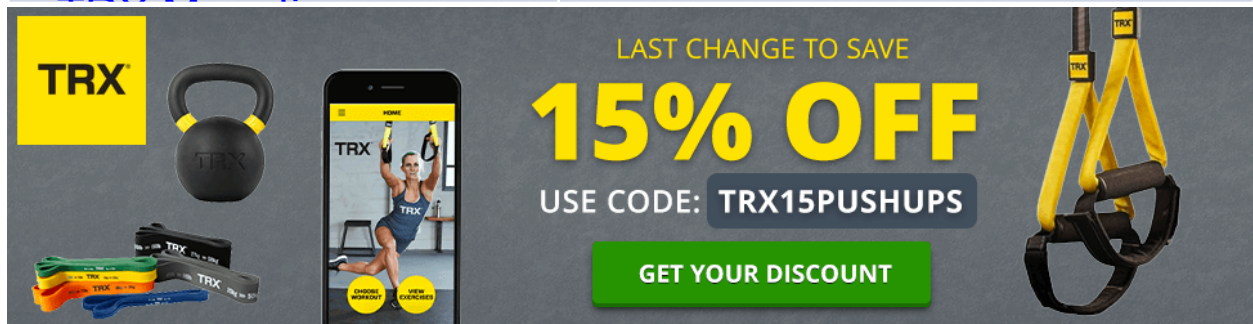
*In the second step of the cart, enter the exclusive TRX sales code: **TRX15PUSHUPS***

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Discount applies to all TRX products:

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- [TRX Resistance](#)
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- [TRX Agility Training](#)
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TRX

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The banner features a yellow TRX logo on the left, a black kettlebell with yellow accents, a smartphone displaying a TRX workout app interface with a woman performing a suspension trainer exercise, and a pair of yellow TRX suspension trainers on the right. The background is dark grey.

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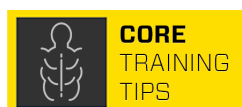


Getting started

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.

The dynamic stretching trend today is an attempt to perform all exercises in movement, instead of mere static stretching.

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30-minute TRX MMA Workout



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First Round

TRX LOW ROW

10 reps

15 sec rest



TRX CHEST PRESS

10 reps

15 sec rest



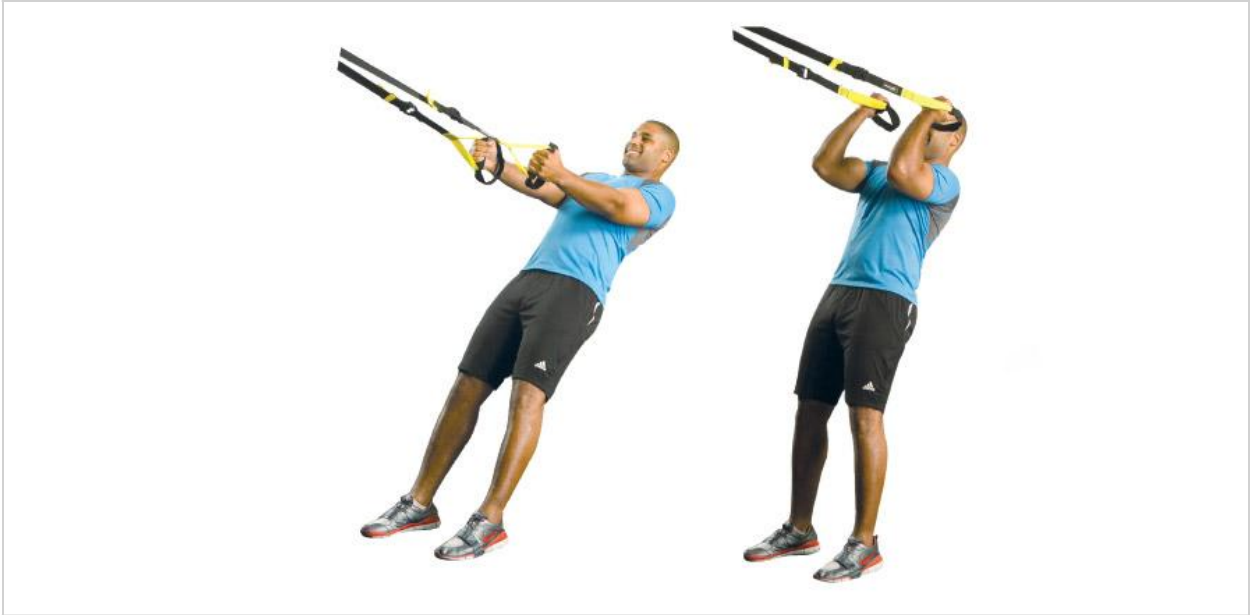
TRX BICEPS CURL

10 reps

15 sec rest

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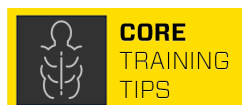


TRX TRICEPS PRESS	10 reps	15 sec rest
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TRX POWER PULL	5 reps each side	1 minute rest
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repeat round

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Second round

TRX SPRINTER START

5 reps each side

15 sec rest



TRX HAMSTRING CURL

10 reps

15 sec rest

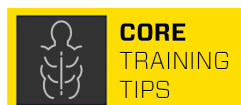


TRX LUNGE

5 reps each side

15 sec rest

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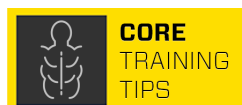


TRX HIP PRESS	10 reps	15 sec rest
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TRX CROSSING BALANCE LUNGE	5 reps each side	1 minute rest
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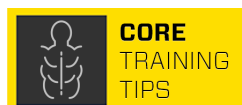
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repeat round

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Third round

TRX STANDING ROLLOUT

10 reps

15 sec rest



TRX HIP DROP

5 reps each side

15 sec rest



TRX MOUNTAIN CLIMBER

10 reps

15 sec rest

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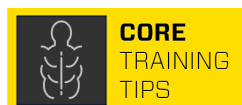




TRX HAMSTRING RUNNER	10 reps	15 sec rest
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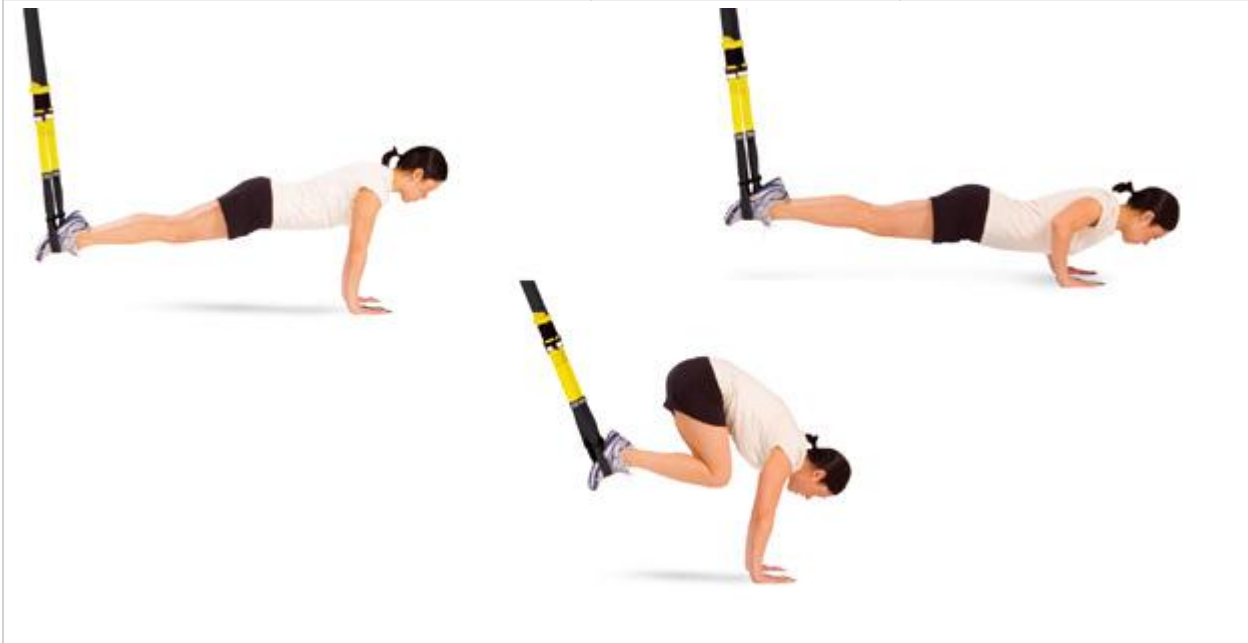
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TRX ATOMIC PUSH-UP

10 opakování

1 minuta odpočinek



repeat round

Conclusion

This training is suitable **for both TRX beginners and advanced trainees**. 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 travelling.

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This way, you will learn how to set and mount your TRX safely, breathe properly and you will familiarize yourself with the effective principles of the suspension training.

Find more workouts on:

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