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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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.
30-minute TRX Total Body Workout
### First Round

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX LOW ROW</td>
<td>10</td>
<td>15 sec rest</td>
</tr>
<tr>
<td>TRX CHEST PRESS</td>
<td>10</td>
<td>15 sec rest</td>
</tr>
</tbody>
</table>

![Image of TRX LOW ROW exercise](image1.png)

![Image of TRX CHEST PRESS exercise](image2.png)

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TRX BICEPS CURL
10 reps 15 sec rest

TRX TRICEPS PRESS
10 reps 15 sec rest
<table>
<thead>
<tr>
<th>TRX POWER PULL</th>
<th>5 reps each side</th>
<th>1 minute rest</th>
</tr>
</thead>
</table>

repeat round
# Second round

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX SPRINTER START</td>
<td>5</td>
<td>15 sec</td>
</tr>
<tr>
<td>TRX HAMSTRING CURL</td>
<td>10</td>
<td>15 sec</td>
</tr>
<tr>
<td>Exercise</td>
<td>Reps</td>
<td>Rest</td>
</tr>
<tr>
<td>---------------------</td>
<td>------</td>
<td>--------</td>
</tr>
<tr>
<td>TRX Lunge</td>
<td>5 reps each side</td>
<td>15 sec rest</td>
</tr>
<tr>
<td>TRX Hip Press</td>
<td>10 reps</td>
<td>15 sec rest</td>
</tr>
</tbody>
</table>

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TRX CROSSING BALANCE LUNGE

5 reps each side

1 minute rest

repeat round
# Third round

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX Standing Rollout</td>
<td>10</td>
<td>15 sec rest</td>
</tr>
<tr>
<td>TRX Hip Drop</td>
<td>5 reps each side</td>
<td>15 sec rest</td>
</tr>
</tbody>
</table>

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TRX MOUNTAIN CLIMBER
10 reps
15 sec rest

TRX HAMSTRING RUNNER
10 reps
15 sec rest
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.
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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