

TRX

CHALLENGE WORKOUTS



Seven All Time Favorite TRX Challenges

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WELCOME

The TRX Suspension System is one of my all time favorite gadgets. I'm not a big fan of fitness 'toys' but I don't think the TRX falls into this category. The TRX is based on physics, of which I'm not an expert. All I know is that this tool is good for 'Grandmas' and Olympians alike – no joke. I don't need to convince you though, you already know the value of the TRX and it's versatility with your clients in your boot camp.

The following challenges are designed for your boot camp. Each challenge (but one) is designed such that you'll need one TRX per person. Since this is probably not possible, my suggestion is that you divide your campers into groups. The maximum time it will take for any one challenge is 12-15 minutes. It's simple to have one group of clients doing the challenge on the TRX while the other group is doing an independent set (see two examples of independent sets at the end of the TRX Challenge workouts).

You'll notice a modification in (brackets) for suggestions to modify.

It's obvious that as a boot camp owner you've had all your clients sign the necessary waivers to protect against lawsuit. Here's my disclaimer and one that you need to review before delivering any Boot Camp Challenge workout to your clients:

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

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Workout #1 Don't Blame the Bulgarians TRX Challenge

Timed set: Record the total time it takes to complete this workout.

Equipment: Timer, TRX (one per person)

Exercises:

NOTE: all exercises require the TRX to be in single handle mode

TRX one legged burpee weak side

TRX Bulgarian split squat weak side

TRX one legged burpee strong side

TRX Bulgarian split squat strong side

*To modify, take the foot out of the stir up and do the exercise without the TRX

Rules of the test:

Start at 10 reps of each exercise. Rest as little as possible, do 9 reps of each exercise, count down until the client finishes with 1 rep of each exercise. Stop the clock.

Campers will do 55 reps of each exercise. If this is too intense, have clients count down 10, 8, 6, 4, 2 for a total of 30 reps, or count down 5, 4, 3, 2, 1 for a total of 15 reps.

Workout #2 Five to One TRX Challenge

AMRAP set: Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment: timer, TRX (one per person)

Exercises:

5 TRX atomic Push ups (bodyweight push ups)

4 TRX pike ups (bodyweight spider crawls/leg)

3 TRX squat/rows

2 TRX T row

1 suicide sprint

* Suicide sprint - Campers race forward about 4 large strides and then backward 4 large strides. Then they sprint forward 8 large strides and then backward 8 large strides. They continue in this fashion for as large a floor space that you have. It's best if they can run forward for 4 strides, 8 strides, 12 strides, 16 strides, 20 strides. Mark out each distance where campers run to with cones. If space is limited, have them run the 4 stride distance (marked by cones) five times.

Rules of the test:

This test is done for 12 minutes.

Complete each exercise in order. Count up the number of full rounds completed in the time. Record.

Workout #3 Jump and Pull TRX Challenge

Rep count test: Record the total reps completed during this workout.

Equipment: Jump rope, timer, TRX (one for every two people)

Exercises:

Jump rope

TRX low row

Rules of the test:

This is a descending set of jump rope and rows:

1 min of jump rope, followed directly with one min of rows. Record. No rest.

45 sec of jump rope, followed directly with 45 sec of rows. Record. No rest.

30 sec of jump rope, followed directly with 30 sec of rows. Record. No rest.

15 sec of jump rope, followed directly with 15 sec of rows. Record. No rest.

Challenge Workout #3 Jump and Pull
Individual Rep Count Template

NAME OF CAMPER: _____

Record the **number of reps** of each exercise for each set. Use the following table:

TEST 1

Record the number of rows after each set, and the TOTAL number of rows for the entire set.

Set:	Number of rows
Set 1 - 1 min	
Set 2 - 45 seconds	
Set 3 - 30 seconds	
Set 4 - 15 seconds	
Total number of rows:	

TEST 2

Set:	Number of rows
Set 1 - 1 min	
Set 2 - 45 seconds	
Set 3 - 30 seconds	
Set 4 - 15 seconds	
Total number of rows:	

Workout #4 Jumpin' TRX Challenge

AMRAP set: Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment: jump rope, bench or box, timer, TRX (one TRX per person)

Exercises:

Jump rope 50 rotations

10 per leg TRX sprinter start (sprinter start skip hop)

10 Box jumps (or squat jumps)

Rules of the test:

Campers will start the test with 50 jump rope rotations, followed by 10 TRX sprinter starts per leg, then 10 box jumps. They will repeat this circuit in AMRAP style for 12 minutes. Record the total number of rounds completed in the time allotted. Encourage campers to beat their score each time they try this.

Workout #5 One More Round Please TRX Challenge

AMRAP set: Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment: battling ropes, timer, TRX (one per person)

Exercises:

30 Rope slams

15 TRX squat/rows

10 TRX chest press

5 TRX tricep extensions

1 Bodyweight burpee

Rules of the test:

Campers will start with the rope slams and follow those by the next four exercises.

Repeat the round as many times as possible in 12 minutes, resting as little time as possible.

Campers record only complete rounds.

Workout #6 Magic 100 TRX Challenge

AMRAP set: Count the total rounds completed in 12 minutes. Partial rounds will not be counted, only complete rounds count for the final score.

Equipment: timer, jump rope, TRX (one for every person)

Exercises:

50 skips

10 TRX squat jumps (squats)

10 TRX low rows

10 TRX bicep curls

10 TRX chest press

10 TRX tricep extensions

Rules of the test:

Repeat the round as many times as possible in 12 minutes, resting as little time as possible.

Campers record only complete rounds.

Workout #7 Lucky #13 TRX Challenge

Timed test: Record the time it takes to complete this workout.

Equipment: timer, DB's

Exercises:

7 TRX atomic push ups (body weight push ups)

6 TRX tucks (bodyweight spider crawls/leg)

10 TRX low rows

3 TRX bicep curls

13 TRX squat jumps (squats)

Rules of the test:

This is a timed test. Campers will repeat the round five times and stop the clock.

Independent Workout Samples

The following workouts are examples of what you can have your campers doing when you split them into groups while one group is doing the TRX challenge.

Example #1

Do a count down set of five exercises, 10 reps to 1 rep. If clients finish, have them start to count back up, 1 to 10 until the other group finishes the TRX Challenge.

10 burpees
10 weighted squats
10 renegade rows
10 push ups
10/leg bicycle crunches

Count down to:

1 burpee
1 weighted squat
1 renegade row
1 push up
1/leg bicycle crunch

Example #2

Do an 'as many rounds as possible' (AMRAP) set of 3-5 exercises for the time it takes the group to complete the TRX Challenge.

10 shoulder press/squat
10 decline push ups
1 suicide sprint