

# Suspension Trainer (TRX) Workout

30-min routine that's PERFECT for travel



1. Y-Fly



2. Low Row



3. Squat Jump

4. Side Plank



5. Plank Pike



6. Hip Press /  
Hamstring Curl

1. Warm up for 5 minutes with cardio of choice
2. Complete 3 circuits that includes 10 reps of each exercise followed by 3-5 minutes of cardio between each circuit
3. Finish with 5-20 minutes of cardio of choice
4. Cool down with stretching



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