

# MONTHLY FITNESS CHALLENGE

## Activity - How To

### TRX Low Row

Step 1: Stand upright facing the anchor point and grasp the cable handles, one in each hand. Place your feet hip-width apart. Take a few steps away until the cables are tight, and your arms are fully extended. Retract your shoulders and keep them in place to maintain a good posture throughout the movement.

Step 2: Lean back slowly with your weight placed on your heels entirely. Walk your feet inwards so that your body creates a 30-60 degree angle with the floor. Your arms and feet should be supporting your weight, but your core should remain braced to prevent your hips from sagging. This is your starting position.

Step 3: Turn your palms inward so that they are facing each other, with your hands positioned slightly narrower than shoulder-width apart, inhale, and use your back muscles to pull your torso up towards the handles as you pull yourself up, bend your elbows and squeeze your scapulae together. Lower yourself to the start position and repeat.

Step 1



Step 2



Step 3



Work to increase your repetitions.



FEBRUARY CHALLENGE

# TRX 40/40

Perform 40 repetitions of TRX Atomic Push-Up and TRX Low Row

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