

30 DAY CHALLENGE

Activity - How To

TRX Atomic Push-UP

Step 1: Place the rings or stirrups 6-12 inches off the ground.

Step 2: Put your feet in the rings and get into push-up position so that only your hands are touching the ground.

Step 3: Lower your chest to the ground.

Step 4: Push back up.

Step 5: Bring your knees into your chest.

Step 6: Push legs back out straight. To complete one repetition.



Step 1



Step 2



Step 3



Step 5



Step 6



Step 4

Work to double your repetitions. (ie: base level is 10 repetitions, goal increase to 20 repetitions by day 14, next goal increase to 40 repetitions by day 28.)



FEBRUARY CHALLENGE TRX 40/40



Double your max effort repetitions of TRX Atomic Push-Up and TRX Low Row by Day 14 & Day 28

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30 DAY 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.

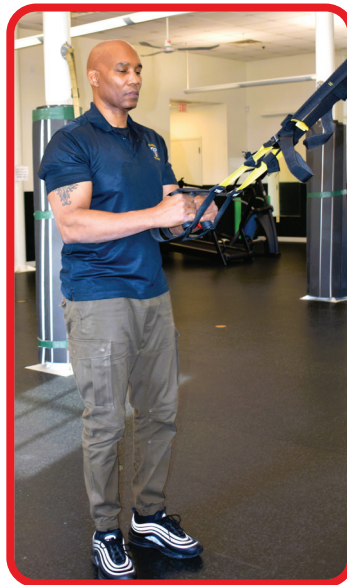
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