

TRX[®] Performance: MMA Workout

This challenging metabolic workout will help you build strength, balance and core stability; it is not just for pro fighters, but for everyone who wants to increase their fitness level. Complete workout 1 or combine 1 & 2 for the ultimate challenge.

#	EXERCISE	TIME
WORKOUT 1		
1	TRX Lunge (with Hop)	30 sec each leg
2	TRX Atomic Push-up	30 sec
3	TRX Crossing Balance Lunge	30 sec each leg
4	TRX Y and T Deltoid Fly	30 sec
5	TRX Hip Press	30 sec
6	TRX Power Pull	30 sec each arm
WORKOUT 2		
1	TRX Burpee	30 sec each leg
2	TRX Lateral Leap	30 sec
3	TRX Overhead Back Extension	30 sec
4	TRX Overhead Squat	30 sec
5	TRX Hip Press	30 sec each leg
6	TRX Power Pull	30 sec each arm
7	TRX Body Saw (with Knee Strike)	30 sec each leg
8	TRX Mountain Climber	30 sec
BONUS		
1	TRX Incline Press	30 sec
2	TRX Chest Press	30 sec
3	TRX Side Plank Series	30 sec each side
COOL DOWN		
1	TRX Lower Back Stretch	30 sec
2	TRX Long Torso Twist	30 sec each side
3	TRX Standing Figure-four Stretch	30 sec each leg
4	TRX Chest Stretch	30 sec
5	TRX Chest Stretch (with Rotation)	30 sec each side

