

# TRX

## Upper Body IV

Click Session A or B to Open Video

Start Here



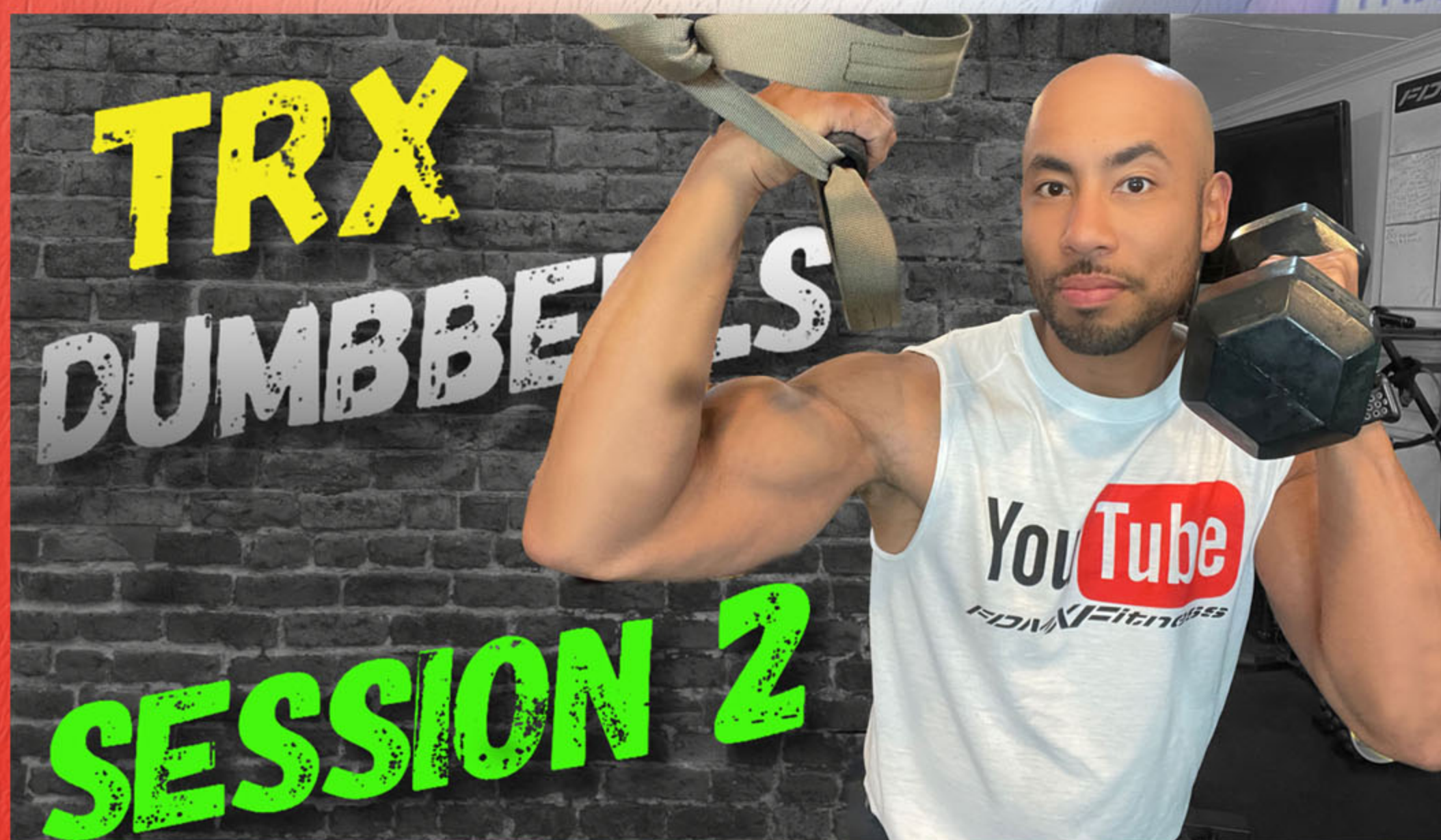
Music Version



Mon		Tue		Wed		Thur		Fri	
Day 1 Total Upper	Day 2 Total Upper	Rest		Day 3 Total Upper	Day 4 Total Upper	Rest		Day 5 Total Upper	Day 6 Total Upper
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>Rest</b>		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>
Day 7 Chest + Back	Day 8 Shoulders + Arms	Rest		Day 9 Back + Arms	Day 10 Chest + Shoulders	Rest		Day 11 Total Upper	Day 12 Total Upper
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>Rest</b>		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>
Day 13 Chest + Back	Day 14 Shoulders + Arms	Rest		Day 15 Back + Arms	Day 16 Chest + Shoulders	Rest		Day 17 Total Upper	Day 18 Total Upper
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	<b>Rest</b>		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>

4.1

Click Thumbnail to Open Videos



# TRX

## Upper Body IV

Click Session A or B to Open Video

Start Here



No Music Version



Mon		Tue		Wed		Thur		Fri	
Day 1	Total Upper	Day 2	Total Upper	Rest		Day 3	Total Upper	Day 4	Total Upper
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	Rest		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>
Day 5	Chest + Back	Day 6	Shoulders + Arms	Rest		Day 7	Back + Arms	Day 8	Chest + Shoulders
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	Rest		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>
Day 9	Total Upper	Day 10	Total Upper	Rest		Day 11	Total Upper	Day 12	Total Upper
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	Rest		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>
Day 13	Chest + Back	Day 14	Shoulders + Arms	Rest		Day 15	Back + Arms	Day 16	Chest + Shoulders
<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>	Rest		<b>A</b>	<b>B</b>	<b>A</b>	<b>B</b>

# 15 Min Freestyle Workouts **Click Thumbnail to Open Videos**



**Back + Biceps**



**Chest + Shoulders**



**Shoulders + Arms**



**Chest + Back**



# TRX *Extras*

**Click Thumbnail to Open Videos**

