

# TRX

# Total Body

# 3



MON	TUE	WED	THU	FRI
<b>- Back</b> <small>Day 1</small> <b>- Chest</b> <b>- Legs</b> <b>- Cardio</b>	<b>- Shoulders</b> <b>- Arms</b> <b>- Cardio</b> <b>- Arms</b> <small>Day 2</small>	<b>- Legs</b> <small>Day 3</small> <b>- Back</b> <b>- Chest</b> <b>- Cardio/ Core</b>	<b>- Shoulders</b> <b>- Back</b> <small>Day 4</small> <b>- Arms</b> <b>- Cardio/ Arms</b>	<b>- Cardio</b> <small>Day 5</small> <b>- Core</b> <b>- Cardio</b> <b>- Core</b>
<b>- Chest</b> <small>Day 6</small> <b>- Back</b> <b>- Shoulders</b> <b>- Arms</b>	<b>- Legs</b> <small>Day 7</small> <b>- Legs</b> <b>- Cardio</b> <b>- Core</b>	<b>- Shoulders/ Chest</b> <b>- Chest/ Triceps</b> <b>- Back / Biceps</b> <b>- Upper/ Lower</b> <small>Day 8</small>	<b>- Back / Cardio</b> <b>- Shoulders/ Cardio</b> <b>- Chest / Cardio</b> <b>- Arms/ Cardio</b> <small>Day 9</small>	<b>- Legs</b> <small>Day 10</small> <b>- Legs</b> <b>- Total Upper</b> <b>- Total Upper</b>
<b>- Chest</b> <small>Day 11</small> <b>- Shoulders</b> <b>- Back</b> <b>- Arms</b>	<b>- Legs</b> <small>Day 12</small> <b>- Legs</b> <b>- Core</b> <b>- Core</b>	<b>- Back</b> <small>Day 13</small> <b>- Shoulders / Arms</b> <b>- Chest</b> <b>- Shoulders / Arms</b>	<b>- Total</b> <small>Day 14</small> <b>Body</b>	<b>- Total</b> <small>Day 15</small> <b>Body</b>

**Click Date  
to Open Video**