

TRX Flex

Session Lineup



TRX Upper 4

FDMX 6-Hour SHRED & FUEL EATING PLAN



TRX Upper 3



TRX Quick Strike



TRX Upper 2



TRX Rapid Fire



TRX Upper 1



TRX+ Dumbbells Total Body



TRX Total Body 3



TRX+ Dumbbells Upper Body



TRX Total Body 2



TRX Fat Down



TRX Total Body 1



TRX Begin

TRX

Upper Body IV

Click Session A or B to Open Video

Start Here



Music Version



Mon		Tue		Wed		Thur		Fri	
1 Total Upper	2 Total Upper	Rest		3 Total Upper	4 Total Upper	Rest		5 Total Upper	6 Total Upper
A	B	A	B	Rest		A	B	A	B
7 Chest + Back	8 Shoulders + Arms	Rest		9 Back + Arms	10 Chest + Shoulders	Rest		11 Total Upper	12 Total Upper
A	B	Rest		A	B	Rest		A	B
13 Total Upper	14 Total Upper	Rest		15 Total Upper	16 Total Upper	Rest		17 Total Upper	18 Total Upper
A	B	Rest		A	B	Rest		A	B
19 Chest + Back	20 Shoulders + Arms	Rest		21 Back + Arms	22 Chest + Shoulders	Rest		23 Total Upper	24 Total Upper
A	B	Rest		A	B	Rest		A	B

4.1

Click Thumbnail to Open Videos



15 Min Freestyle Workouts

Click Thumbnail to Open Videos



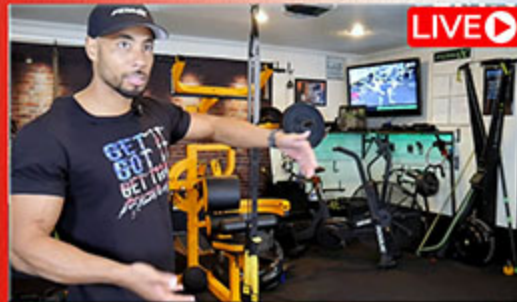
Back + Biceps



Chest + Shoulders



Shoulders + Arms



Chest + Back



TRX *Extras*

Click Thumbnail to Open Videos



TRX Upper Body Pt 3

Quick Pump/ Off the Handle



SUN	MON	TUE	WED	THU	FRI	SAT
<i>Click Date to Open Video</i>	Total Upper 1	Total Upper 2	Total Upper 3	Total Upper 4	Total Upper 5	Rest
Rest	Total Upper 6	Total Upper 7	Total Upper 8	Total Upper 9	Total Upper 10	Rest
Rest	Chest Shoulders 11	Back/ Biceps 12	Chest/ Triceps 13	Shoulders/ Back 14	Total Upper 15	Rest
Rest	Shoulders 16	Back 17	Chest 18	Arms 19	Total Upper 20	Rest



TRX *Upper Body Pt 2* *Alpha Program*

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Click Date to Open Video</i> Rest	Chest/ Back/ Arms <small>1</small>	Back/ Shoulders/ Arms <small>2</small>	Shoulders/ Chest/ Arms <small>3</small>	Back Shoulders/ Arms <small>4</small>	Total Upper Body <small>5</small>	Rest
Rest	Shoulders/ Back/ Chest <small>6</small>	Chest/ Shoulders/ Arms <small>7</small>	Back/ Chest/ Arms <small>8</small>	Chest/ Back/ Arms <small>9</small>	Total Upper Body <small>10</small>	Rest
Rest	Back/ Back/ Shoulders <small>11</small>	Chest/ Chest/ Arms <small>12</small>	Shoulders/ Shoulders/ Arms <small>13</small>	Chest/ Chest/ Arms <small>14</small>	Total Upper Body <small>15</small>	Rest
Rest	Shoulders/ Shoulders/ Shoulders <small>16</small>	Back/ Back/ Back <small>17</small>	Chest/ Chest/ Chest <small>18</small>	Arms/ Arms/ Arms <small>19</small>	Total Upper Body <small>20</small>	Rest



V.2

Mon	Tue	Wed	Thur	Fri
1 Total Upper	2 Total Upper	3 Total Upper	4 Total Upper	5 Total Upper
6 Chest + Arms	7 Back+ Shoulders	8 Chest + Triceps	9 Back+ Biceps	10 Shoulders + Chest
11 Total Upper	12 Total Upper	13 Total Upper	14 Total Upper	15 Total Upper
16 Chest + Back	17 Shoulders + Arms	18 Chest + Biceps	19 Back+ Triceps	20 Abs/ Core
21 Shoulders	22 Back+ Biceps	23 Chest + Triceps	24 Abs/ Core	25 Arms
26 Chest	27 Back	28 Arms + Core	29 Shoulders + Chest	30 Total Upper



TRX

Upper Body 1

V.1

Mon	Tue	Wed	Thur	Fri
Day 1 Total Upper	Day 2 Total Upper	Day 3 Total Upper	Day 4 Total Upper	Day 5 Total Upper
Day 6 Chest + Arms	Day 7 Back+ Shoulders	Day 8 Chest + Triceps	Day 9 Back+ Biceps	Day 10 Shoulders + Chest
Day 11 Total Upper	Day 12 Total Upper	Day 13 Total Upper	Day 14 Total Upper	Day 15 Total Upper
Day 16 Chest + Back	Day 17 Shoulders + Arms	Day 18 Chest + Biceps	Day 19 Back+ Triceps	Day 20 Abs/ Core
Day 21 Shoulders	Day 22 Back+ Biceps	Day 23 Chest + Triceps	Day 24 Abs/ Core	Day 25 Arms
Day 26 Chest	Day 27 Back	Day 28 Arms + Core	Day 29 Shoulders + Chest	Day 30 Total Upper



TRX

Upper Body 1

TRX

Total Body 3

3



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

*Click Date
to Open Video*

TRX

Total Body Pt 2 Alpha Program

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Click Date to Open Video</i> Rest	Lower Body 1	Upper Body 2	Lower Body 3	Total Body 4	Total Body 5	Rest
Rest	Upper Body 6	Lower Body 7	Upper Body 8	Total Body 9	Total Body 10	Rest
Rest	Lower Body 11	Upper Body 12	Lower Body 13	Total Body 14	Total Body 15	Rest
Rest	Upper Body 16	Lower Body 17	Upper Body 18	Total Body 19	Total Body 20	Rest



TRX

Click Calander Day to Open Video

Total Body 1



Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20

V.2.1



TOTAL BODY 1
V2.1



TRX

Click Calander Day to Open Video

Total Body 1



Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20

V.1

Kettlebell + No Music Version

TRX

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20



TRX

Rapid Fire V2

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15



TRX

Rapid Fire V1

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20



TRX+ Dumbbells Total Body

Music Version

MON	TUE	WED	THU	FRI
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11 - Chest - Legs - Core	Day 12 - Back - Legs - Core	Day 13 - Shoulders - Legs - Core	Day 14 - Arms - Legs - Core	Day 15



Click Date
to Open Video

TRX+ Dumbbells *Upper Body*

SUN	MON	TUE	WED	THU	FRI	SAT
<i>Click Date to Open Video</i> Rest	Total ¹ Upper	Total ² Upper	Total ³ Upper	Total ⁴ Upper	Total ⁵ Upper	Rest
Rest	⁶ Back	⁷ Shoulders	⁸ Chest	Total ⁹ Upper +Abs/ Core	¹⁰ Arms	
Rest	¹¹ Chest Shoulders	¹² Back/ Biceps	¹³ Chest/ Triceps	¹⁴ Shoulders/ Back	Total ¹⁵ Upper	

To change the music for each workout go to the description of that video and click the link of the version you would like to open. Music Versions do not include the closing talks with Coach Sim



TRX Fat Down Program

Start Here!

Music

**- Diet
+ Instructions**

**Stretching +
Foam Rolling**

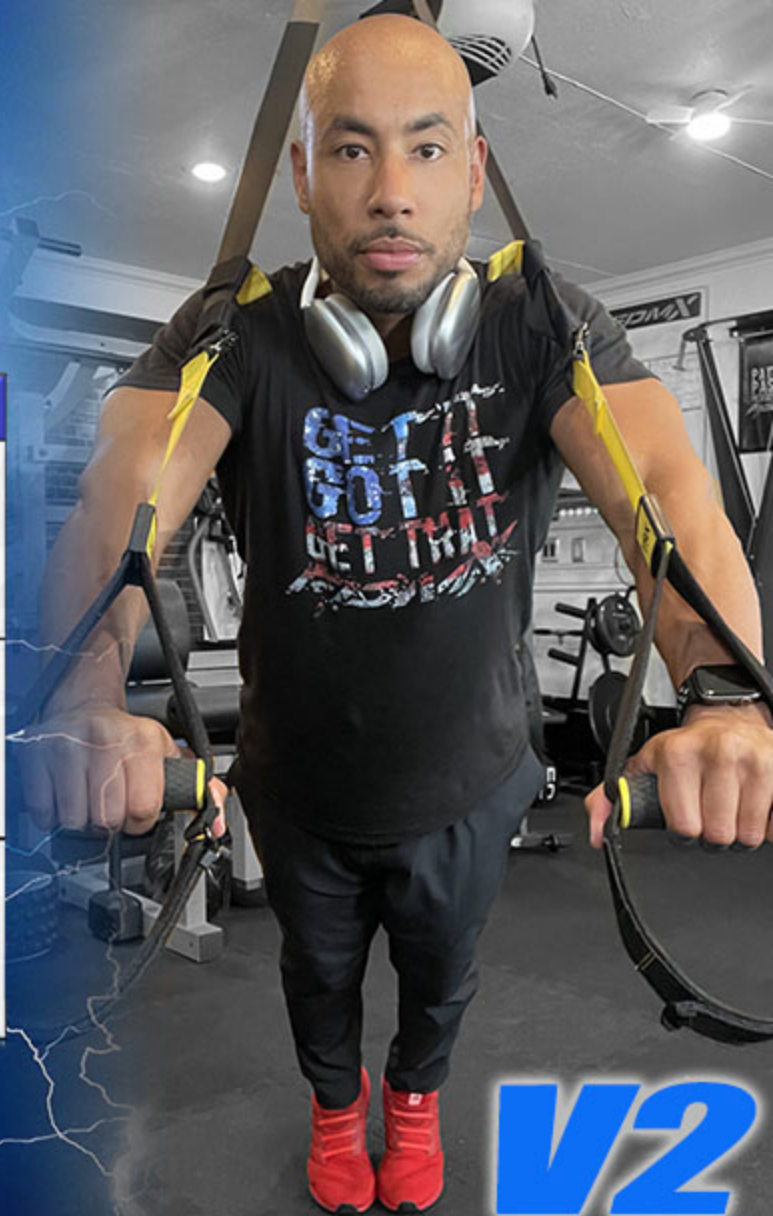
MON	TUE	WED	THU	FRI	SAT	SUN
Day 1 Strength Training	Day 2 Total Body Cardio	Day 3 Total Body Cardio	Day 4 Total Body Cardio	Day 5 Strength Training	Day 6 Strength Training	Day 7 Strength Training
Day 8 Strength Training	Day 9 Total Body Cardio	Day 10 Total Body Cardio	Day 11 Total Body Cardio	Day 12 Strength Training	Day 13 Strength Training	Day 14 Strength Training
Day 15 Strength Training	Day 16 Total Body Cardio	Day 17 Total Body Cardio	Day 18 Total Body Cardio	Day 19 Strength Training	Day 20 Strength Training	Day 21 Strength Training



TRX *Quick Strike*

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15



V2

TRX *Quick Strike*

Click Calander Day to Open Video

Day

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

ke

m

v1



TRX *Total Body Begginer* V.2

Click Calander Day to Open Video

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15



TRX *Total Body Begginer*

V.1

Click Calander Day to Open Video



Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20