

TRX Fat Down Program

Start Here!

No 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



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