

30-Minute Beginner-Friendly TRX Full Body Workout

Recommended Gear

TRX Home Suspension Trainer – <https://amzn.to/4onr7TH>

Workout Overview

- Total Time: ~30 minutes
- Level: Beginner
- Equipment: TRX Suspension Trainer
- Format: 6 exercises, 45 sec work / 15 sec rest, 3 rounds

Warm-Up (4 minutes)

1. TRX Squat to Row
2. TRX Chest Openers
3. TRX Hip Hinge Stretch
4. March in Place with Arm Swings

Full-Body Circuit (20 minutes)

Repeat 3 rounds:

1. TRX Squats
2. TRX Rows
3. TRX Chest Press
4. TRX Hip Hinge (RDL)
5. TRX Low Row Hold + Pulses
6. TRX Plank (Hands in Straps)

Cool-Down (6 minutes)

- TRX Chest Stretch
- TRX Lat Stretch
- TRX Standing Quad Stretch
- TRX Hamstring Stretch
- Deep Breathing (1 minute)