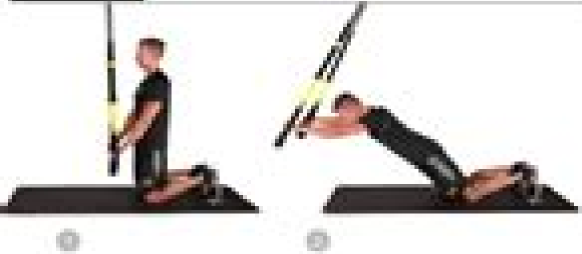
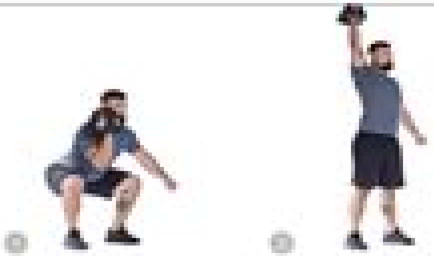
ROUND 1

1.1 TRX KNEELING ROLLOUT



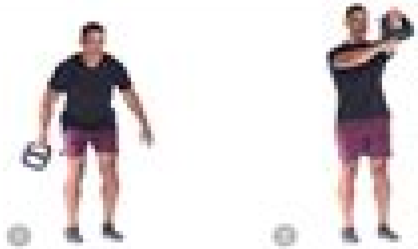
- Adjust straps to mid-calf position.
- Kneeling on the ground facing away from the anchor point, hands between hip and chest height.
- Push hands forward away way from anchorpoint, lower chest towards the ground, maintain strong active plank position.
- Apply pressure to handles and press yourself back to start position.

1.2 YBELL SINGLE ARM SQUAT TO PRESS



- Standing tall, grab YBell with a center grip, resting YBell on the shoulder if possible.
- Lower hips down and back. Knees and hips to 90 degrees.
- Drive through the floor to return to a standing position, pressing YBell overhead.

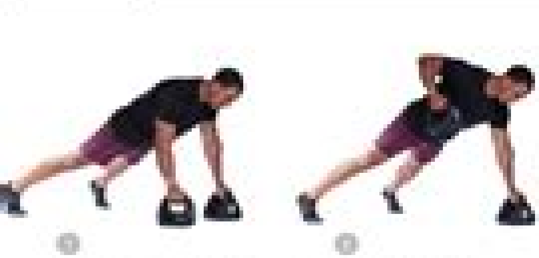
1.3 YBELL ALTERNATING SWING



- Stand with YBell at arm's length in front of feet that are shoulder width apart, hinge your hips. Grab each bell.
- Maintaining a flat back and chest upright, pull or hike bell off the ground and outside legs.
- Allow the YBell to swing back past the legs. Standing tall and continuing up to the chest height.
- Grab the top grip position with the opposite hand and repeat on the other side.

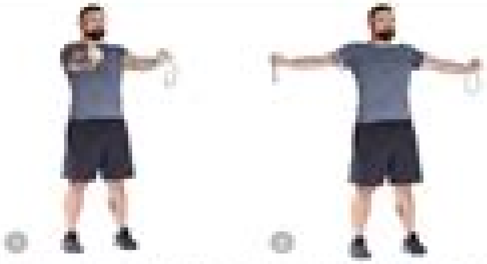
ROUND 2

2.1 YBELL ALTERNATING RENEGADE ROW



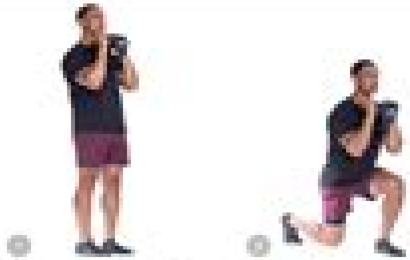
- With a top grip position on the YBell set up in a plank position, feet shoulder-width apart.
- Pull one elbow back towards the ribs while maintaining plank with the opposite arm.
- Return YBell to the ground and repeat on the opposite side.

2.2 BANDIT PULL APART



- Standing upright, grab a light band, palms up, near the center of the band.
- Pull your hands away from the center of your body extending your arms.
- Maintain strong plank and do not round shoulders.
- Slowly return your arms to the starting position.

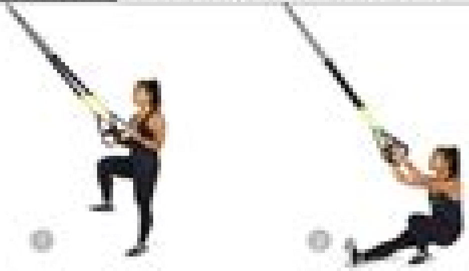
2.3 YBELL REVERSE LUNGE



- Standing tall, grab YBell with double grip apex down.
- Step back with one foot and lower knee to ground.
- Maintaining an active plank push through front foot and return to standing position.
- Repeat with the opposite leg.

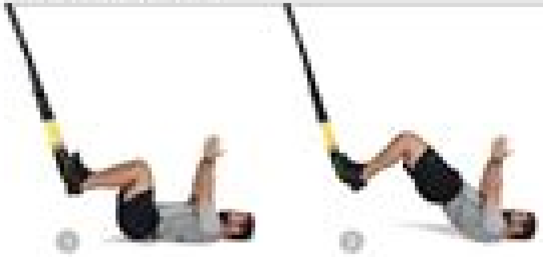
ROUND 3

3.1 TRX SINGLE LEG SQUAT



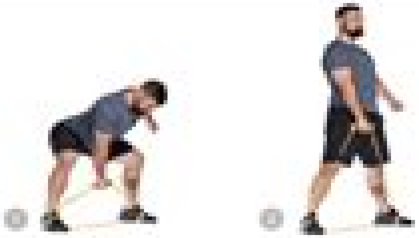
- Adjust straps to mid-length.
- Standing tall, raise one knee to hip height, hands chest height, elbows bent to 90 degrees, and tension on the straps.
- While balancing on a grounded foot, lower hips down and back bending at the knee and slightly extending the arms.
- Keep tension on the straps. Drive through the grounded foot to return to standing.

3.2 TRX HIP PRESS



- Adjust straps to mid-calf, on the ground facing the anchor point, place heels in the foot cradles and bend knees to 90 degrees or just over the hips.
- Apply even pressure to the foot cradles. Press through the heels and drive the hips up creating a straight line from the knees to the shoulders.
- Slowly lower the hips back down to the starting position.

3.3 BANDIT SINGLE ARM DEADLIFT



- Single loop band on each foot.
- Stand with feet shoulder width apart, hinge at the hips to grab the top band with a single grip. Lean slightly forward and maintain straight line from ears to back heel.
- Drive the hips forward as you come to standing with tension on the band.
- Slowly lower the hips back down with minimal bend in the knee.

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Barbara J. Hoogenboom,Michael L. Voight,William E. Prentice

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