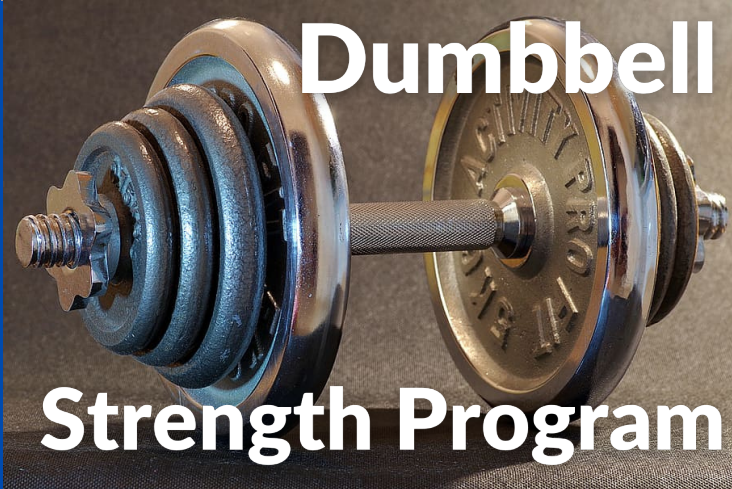




TRX and

Dumbbell



Strength Program

**6 week suspension trainer
and dumbbell program**

disclaimer:

Check with your doctor before beginning an exercise program. Participation in this online fitness program is the participant's (your) voluntary choice and you are participating at your own risk.

How to use this pdf

The workouts are in chronological order. So you will simply follow the order that the workouts are presented in. for video demonstrations, click on the exercise. This will redirect you to a youtube demonstration.

Track your progress

Having a way to track your progress during a program is so important. it helps you know what is and isn't working for you. there are many ways to track progress, for this particular program we suggest tracking body measurements. you can print out the worksheet from the pre-made workout programs [homepage](#) and simply follow the instructions on the page.

The TRX Warmup

It is **important** to go through a warmup before beginning all of your workouts. Warming up is important for many reasons, such as: **injury prevention**, **optimal performance**, and it helps you **get your mind ready** as well!

Let's get started!

<i>EXERCISE</i>	<i>SETS</i>	<i>REPS</i>
Squat and row	1-2	5-15
Lunge and row	1-2	5-15
Single leg toe touch	1-2	5-15
Chest stretch	3	15 sec
Torso rotation	1-2	5-15

All movements should be performed at a **controlled pace**. You may add a set or a few reps if you feel you need additional reps to properly warm up.

[Check this link for pictures and instructions.](#)

Once completed, it's time to exercise!

6 week program



week in workouts

Day 1:

TRX and DB workout

Day 2:

Cardio of your choice

Day 3:

TRX and DB workout

Day 4:

Cardio of your choice

Day 5:

TRX and DB workout

Day 6:

Cardio of your choice

Day 7:

Rest

A less intense option would be to strength train on days 1 and 4. Cardio could be done on days 2, 5 and 6. Rest would be on days 3 and 7.

[Click here for tips on progression, form, breathing and other strength training info.](#)

DAY

Workout A

1-3-5

Weeks (1-3)

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the [Pre-Made Workout Programs home page.](#)

Warmup

A - Goblet Squat: 2 x 10-15

A - TRX Pushup: 2 x 15-20

A - TRX Row: 2 x 12-15

B- DB Back Lunge: 2x10

B - DB Shoulder Press: 2x8-12

B - TRX Face Pull: 2x 12-15

C - Single Leg DL with DB: 2 x 8-12

C - TRX Tri Ext: 2x 12-15

C - TRX Curl: 2x12-15

D - Plank Side-Step: 2 x ^

D - High Crunch: 2x 15-20

Cool down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

[Blank workout tracking card.](#)

DAY

Cardio

2-4-6

Weeks 1-6

Perform 20 - 45 minutes of the cardiovascular exercise of your choice. This could include walking, jogging, cycling, swimming, elliptical, etc.

Darebee has some excellent easy to follow HIIT workouts that can be performed anywhere.

If exercising outside, join our bpFC running group on Strava. Download the free version of the app and track your walking, running, cycling--or anything. You can be part of a group of other bp Fitness Center members supporting one another through exercise!

As a general rule, try to do your cardio workouts at 60 - 85% of your maximum heart rate. Or an perceived exertion of 6-8 on a 10 point scale.

DAY

Workout B

1-3-5

Weeks (4-6)

Exercises listed together with the same letter are to be performed in a super set or circuit. For more info on super sets and circuits refer to the FAQ sheet on the [Pre-Made Workout Programs home page.](#)

Warmup

A - TRX Single Leg Squat: 2 x 8-12

A - TRX 5x5x5 Push-up

(start low for a hard 5 reps, move up for next 5, etc.)

A - TRX Single Arm Row: 2x 10-12

B - DB Side Lunge: 2x10

B - TRX Shoulder Press: 2x12

B - DB Lateral Raise: 2x12 2

C - DB Bulgarian DL : 2x12

C - DB standing Curl: 2x8-12

C - DB Tricep Ext (lying): 2 x8-12

D - Plank Mountain Climber: 2x ^

D - V-up

D - Bicycle Crunch

Cool down

For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.

[Blank workout tracking card.](#)

The Cool Down

The cool down is equally as crucial as the warmup stage of the workout. Practicing regular and proper cool down techniques could help with **injury prevention** and also **improve recovery time!** Be sure you give yourself time to go a few minutes of the following activities and stretches after each workout .

Part 1

5-10 minutes of the cardio activity of your choice--done at a very low intensity. The idea is to move your bod and keep the blood flowing. This could include light jogging, rowing, cycling, walking, etc.

Darebee has a great light cardio cooldown you could do anywhere. [Check it out here.](#)

Part 2

Stretch it out. Spend a few minutes stretching out those tired and still warm muscles. Now is a great time to work on flexibility and stay loose. [Here is a video stretch sequence](#) and a [pdf copy of the stretches.](#)

If you are strapped for time--be sure to do at least part 2.

Once completed, the workout is done!