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TRX

WORKOUT PROGRAM

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TRX Workout Program

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TRX Workout Program

Welcome

Within this program you are going to discover proven TRX workouts that you have never seen before. You are going to get results FAST, as long as you are consistent with your training. I'm WARNING you though! These workouts are very challenging. Make sure to rest when you need it and feel free to substitute any exercise that you cannot perform. It's not worth injuring yourself.

Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at contact@andrewraposo.com
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

For Example:

Monday – Workout
Tuesday – Rest
Wednesday – Workout
Thursday – Rest
Friday – Workout

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Saturday – Rest

Sunday – Rest

- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching.

How To Incorporate These Workouts Into An Existing Program

There are many ways you can put these workouts into your program. You can use the TRX workouts to replace a full body-conditioning day or add in the “ab focused” TRX workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at contact@andrewraposo.com Make sure you provide your workout schedule in detail so I can give you the best results.

To your success,

-Andrew Raposo, CPT

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P.S. If you would like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on some of my other sites to keep yourself updated.

www.AndrewRaposo.com

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Workout #1 – TRX Ab Blast

A1 – TRX Atomic Push Ups – 10 Reps

A2 – TRX Mountain Climbers – 20 Each Side

A3 – TRX Plank – 10 Sec

Rest 30 Sec

Repeat this circuit for a total of 5 Rounds.

Workout #2 – TRX Full Body Blast

A1 – TRX Push Ups – 10 Reps

A2 – TRX Rows – 10 Reps

A3 – TRX Fallouts – 10 Reps

Rest as needed.

Repeat this circuit for a total of 3 Rounds.

B1 – TRX Bulgarian Split Squats – 10 Reps Each Side

B2 – TRX Single Leg Burpees – 10 Repes Each Side

Rest as needed.

Repeat this circuit for a total of 3 Rounds,

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Workout #3 – TRX Ab Burnout

A1 – TRX One Arm Rows w/ Rotation – 10 Reps Each Side

A2 – TRX Oblique Twist – 10 Reps Each Side

A3 – TRX Single Leg Tuck In – 10 Reps Each Side

Rest 30 Sec

Repeat this circuit for a total of 4 Rounds.

Workout #4 – TRX Ripped

A1 – TRX Pistols – 10 Reps Each Side

A2 – TRX Reverse Flies – 10 Reps

A3 – TRX Chest Flies – 10 Reps

A4 – TRX Fallouts – 10 Reps

Rest 30 Sec

Repeat this circuit for a total of 4 Rounds.

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Workout #5 – TRX Core Punisher

- A1 – TRX Pendulum– 30 Sec
- A2 – TRX Pike – 30 Sec
- A3 – TRX Mountain Climbers – 30 Sec
- A4 – TRX Plank – 30 Sec
- Rest 1 Min

Repeat this circuit for a total of 4 Rounds. **Rest as needed during the exercises.**

Workout #6 – TRX Fighter Abs Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

- A1 – TRX Atomic Push Ups – 10 Reps... 1 Rep
- A2 – TRX Saw Plank – 10 Reps... 1 Rep
- A3 – TRX Mountain Climbers – 10 Reps Each Side...
1 Rep Each Side

Rest as needed during the workout.

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Workout #7 – TRX Fighter Conditioning

A1 – TRX Arrow Push Ups– 5 Reps Each Side

A2 – TRX Face Pulls – 10 Reps

A3 – TRX Skater Squats – 10 Reps Each Side

Rest as needed.

Repeat this circuit for a total of 3 Rounds.

B1 – TRX Saw Plank To Pike – 10 Reps

B2 – TRX Plank To Push Up Position – 10 Reps

Rest as needed.

Repeat this circuit for a total of 3 Rounds.

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Workout #8 – 300 Reps Of TRX Madness

- A1 – TRX Rows – 25 Reps
- A2 – TRX Push Ups – 25 Reps
- A3 – TRX Fallouts – 25 Reps
- A4 – TRX Pistols (Right Leg) – 25 Reps
- A5 – TRX Pistols (Left Leg) – 25 Reps
- A6 – TRX Pike – 25 Reps
- A7 – TRX Mountain Climbers – 25 Reps Each Side
- A8 – TRX Atomic Push Ups – 25 Reps
- A9 – TRX Plank To Push Up Position – 25 Reps
- A10 – TRX Reverse Flies – 25 Reps
- A11 – TRX Chest Flies – 25 Reps
- A12 – TRX Jump Squats – 25 Reps

Rest as needed during the workout.

Workout #9 – TRX Explosive Conditioning

- A1 – TRX Jump Squats – 15 Reps
 - A2 – TRX Single Leg Burpees – 10 Reps Each Side
 - A3 – TRX Single Leg Tuck In – 10 Reps Each Side
 - A4 – TRX Oblique Twist – 10 Reps Each
- Rest 1 Min

Repeat this circuit for a total of 5 Rounds.

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Workout #10 – TRX AMRAP

A1 – TRX Jump Squats – 5 Reps

A2 – TRX Push Ups – 5 Reps

A3 – TRX Rows – 5 Reps

A4 – TRX Fallouts – 5 Reps

Repeat this circuit for as many rounds as possible in 10 minutes.

Rest as needed during the workout.