



Inspiring Active Lifestyles Since 1996

MEMPHIS HEALTH+ FITNESS

NOVEMBER
2013

BECCA MARINO &
JACOB SCHULTZ
**HANGIN'
TOUGH**
TRAIN LIKE A
NAVY SEAL!

**LIVING
HEALTHY
WITH
DIABETES**

**IMPORTANCE OF
RECOVERY RUNS**



YOU DON'T HAVE TO BE A NAVY SEAL TO BE FIT LIKE ONE!

Compiled by Amy Goode. Photos by Sarah McAlexander.

It's officially a fitness craze, and for good reason – it's super-effective. Unlike old-school free weights where you are limited to the muscle group you are working, TRX improves flexibility, balance, and core stability with every move. The TRX Suspension Trainer was developed by former U.S. Navy SEAL Randy Hetrick as he and his fellow SEALs searched for ways to stay in peak physical condition with limited access to training equipment and space. This total body workout offers hundred of exercise options with an added bonus – you can do it almost anywhere. Simply anchor to a door, beam, railing, fence or even a tree. Becca Marino, owner of Fitness INSPIRATION! INC. stresses the importance of having an

expert to show you proper technique, however. "If you are weak in some areas or do not know the proper technique there is definitely a possibility of injury."

Marino, along with certified personal trainer Jacob Schultz, specializes in small-group TRX personal training and TRX/TABATA 10-day group challenges. Here, they share some of their favorite moves.

The next 10-Day TRX/TABATA Fit Challenge is scheduled for November 13th-22nd; cost of classes start at \$99. For more information on Fitness INSPIRATION! call 901.825.4883, or visit www.BelieveItBringItAchieveIt.com.



TRX SWIMMER PULL

TRX Length: Shorten

Mode: Double

Face anchor point with one hand in each strap, palms facing down, arms extended and body in row ready position w/ one knee slightly bent and opposite leg slightly extended in front and heel on ground

Initiating from the shoulder girdle, keeping arms straight w/ slight bend at elbows, pull yourself up using those lats

Maintain tension in the lats, tension in your core all the way back. Repeat.

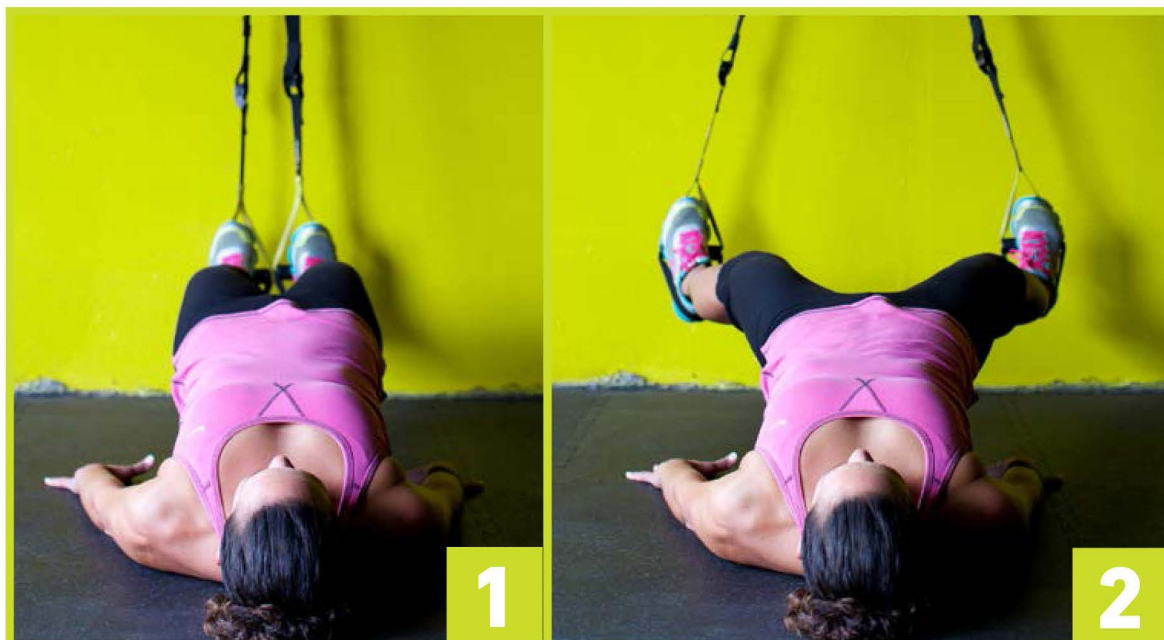
TRX ALTERNATING SINGLE LEG CURLS

Lying on back in reverse plank position

Engage core, squeeze glutes, raise hips straight up and hold off floor.

Curl one leg while keeping the other extended w/ hips off ground, then return leg to extended position and repeat on the opposite side.





TRX ABDUCTION

TRX Length: Straps about 4-8" off ground

Lying on back in reverse plank position

Engage core, squeeze glutes, raise hips straight up and hold off floor.

Perform abduction by bringing legs apart while maintaining hold off floor, then back together and repeat.



TRX SHRIMP FOR THE ADVANCED ATHLETE

TRX Fully Lengthened

TRX Single Mode

Start in plank position with one foot suspended in straps.

Drive unsuspended leg up and under body into hip flexion while also going onto one arm by lifting opposite arm off floor. Return to start, place both hands on the ground and repeat.

TRX 20 MIN TOTAL BODY WORKOUT

EXERCISE	REPS/TIME	SETS	REST
TRX ATOMIC PUSH-UP	10	2	30 SEC
TRX SWIMMERS PULL	10	2	30 SEC
TRX ABDUCTION	60 SEC	2	30 SEC
TRX ALTERNATING SL CURLS	10 EA SIDE	2	30 SEC
TRX SINGLE ARM HINGE	8 EA SIDE	2	30 SEC

TRX DO'S AND DON'TS:

- Maintain good posture
- Keep tension on the TRX
- No sawing
- No rubbing

Becca Marino, Founder/Owner Fitness INSPIRATION!
Inc, NSCA-CPT, BS Exercise Science

Jacob Schultz, CPT, Exercise Science major in junior year

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TRX ULTIMATE SUPERMAN FOR THE ADVANCED ATHLETE

TRX Fully Lengthened

TRX Double Mode

Begin in suspended crunch position w/ head under anchor and feet away from anchor

Squeeze shoulders down and back, squeeze glutes, strong hips and extend into plank.

Hold.

TRX ATOMIC PUSH-UP

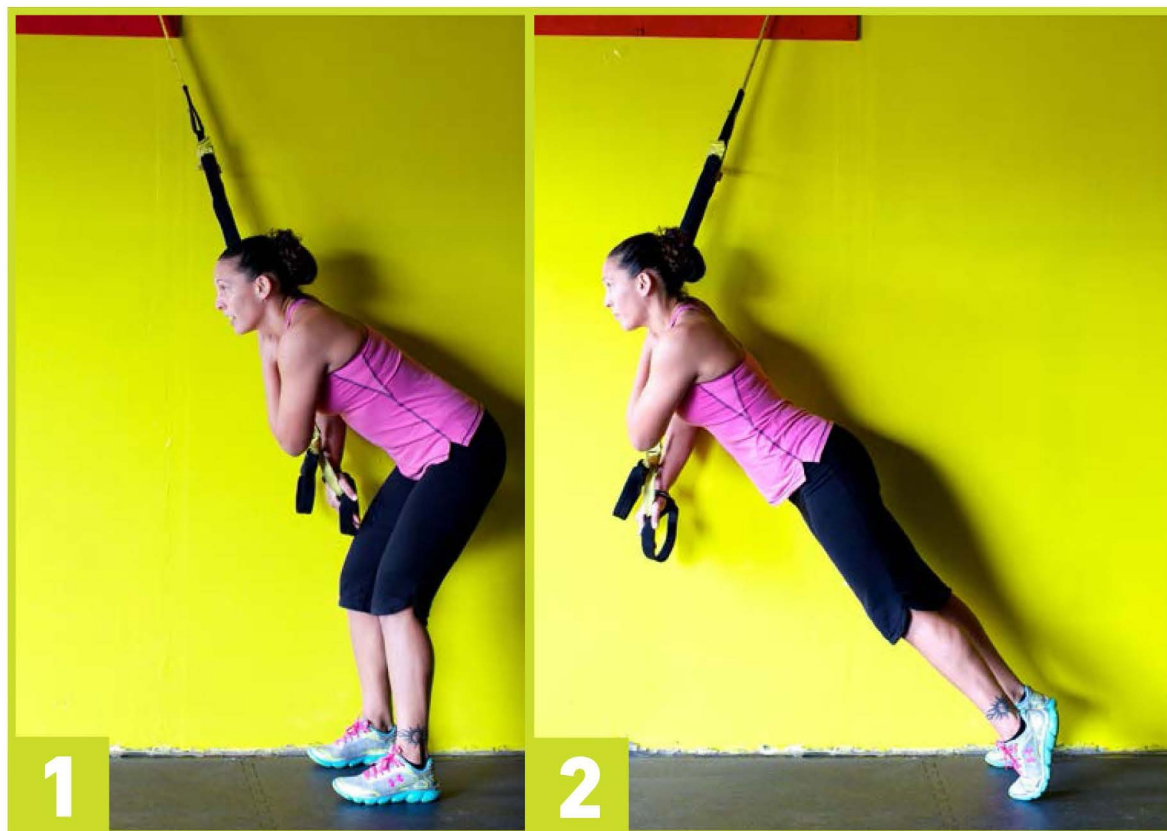
TRX Length: Fully, with straps about 4" off ground

Assume a plank position with toes suspended in the TRX

Drop into a push-up

Hips come straight up and knees pull in. Repeat.

Regress/Modification: Perform push-up with knees on ground



TRX SINGLE ARM HINGE LEVEL 3

TRX Length: Fully-Length

Mode: Single mode

Stand behind the anchor point

Start from knee bent, hip bent position

Core engaged, extend forward to deep position and hold the plank. Resist rotation in shoulders and hips.

Drive back to starting position by hinging at the hips, bending at the knees and leading back with hips. Reset, re-engage, and repeat.