

TRX TEAM CHALLENGES FOR SMALL GROUP TRAINING

Created and Presented by Jonathan Ross

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CHALLENGE 1: SPEED-STRENGTH

Description:		Alternate exercises focusing on speed and strength. Short sets to focus on high-intensity and high quality. 3 sets of 10 seconds with 5 seconds rest. 20 seconds between exercises.			
Ex. #	Exercise	TRX Mode / Set-Up	Orientation	reps / time	Notes
1	Alternating Hamstring Curl	Mid-Length	Face Out	3 x 10 seconds; 5 seconds rest	
2	Anchor Plank	Long	Face Down; Head Under Anchor		
3	Skater Lunge	Mid-Length	Face Sideways		Switch legs each set for 3 each side; option 2 (harder): all 3 sets each side, then switch
4	Chest Press	Long	Face Out		Choose most challenging body angle
5	Row	Short	Face In		Choose most challenging body angle
6	Single Leg Squat	Mid-Length	Face In		Switch legs each set for 3 each side; option 2 (harder): all 3 sets each side, then switch
Total Time:		6 minutes			

CHALLENGE 2: TIMED COUNTER CIRCUIT

Description:		Use 25 reps of Front Squat as the "counter" (determines switch to next exercise). Other participants perform other exercises continuously without counting. Count total number of Front Squat for entire circuit, compare between classes for highest.			
Ex. #	Exercise	TRX Mode / Set-Up	Orientation	reps / time	Notes
1	Front Squat	Long	Face Out	25	Yell "Switch!" after 25.
2	Rotating Grip Row	Short	Face In		
3	Chest Press	Long	Face Out		
4	High Elbow Row	Short	Face In		
5	Mt. Climber	Toes in Foot Cradles	Face Down		Option: stand holding handles
6	Hamstring Curl	Heels in Foot Cradles	Face Up		
7	Lunge Jumps	Mid-Length	Face In		
8	Clutch Curl	Short	Face In		
9	Reverse Grip Tricep Press	Long	Face Out		
Total Time:		8 minutes			

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CHALLENGE 3: TIMED LADDER

Description:		Circuit. Reps: 2-4-6-8-7-5-3-1 (2 of each move, then 4 of each move, and so on) Record individual time to finish.			
<u>Ex. #</u>	<u>Exercise</u>	<u>TRX Mode / Set-Up</u>	<u>Orientation</u>	<u>reps / time</u>	<u>Notes</u>
1	Chest Press	Long	Face Out		
2	Front Squat	Long	Face Out		
3	Hamstring Curl	Mid-Length	Face Out		
4	Pike	Toes in Foot Cradles	Face Down		
5	T-Fly	Mid-Length	Face In		
6	Row	Short	Face In		
Total Time:		??			

CHALLENGE 4: 200 SQUAT TEAMWORK

Description:		Partner A: perform as many front squats at once as you can at once Partner B: while A squats, row with feet under anchor work together to total 200 front squats			
<u>Ex. #</u>	<u>Exercise</u>	<u>TRX Mode / Set-Up</u>	<u>Orientation</u>	<u>reps / time</u>	<u>Notes</u>
1	Front Squat	Long	Face Out		
2	Row	Short	Face In		

CHALLENGE 5: MIXED PLANK CHALLENGE (PARTNER)

Description:		Partner A & B switch back and forth between exercises until each has done 3x10/side			
<u>Super Set</u>	<u>Exercise</u>	<u>TRX Mode / Set-Up</u>	<u>Orientation</u>	<u>reps / time</u>	<u>Notes</u>
1	Mixed Plank Knee Tuck	Long	Toes In Foot Cradles / Face Down	10 per side, then switch	Partner: Half Row
2	Mixed Plank Knee Tuck	Long	Toes In Foot Cradles / Face Down	10 per side, then switch	Partner: Half Chest Press
3	Mixed Plank Knee Tuck	Mid-Length	Toes In Foot Cradles / Face Down	10 per side, then switch	Partner Half Squat

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CHALLENGE 6: TRANSITIONS

<u>Description:</u>		Transition to new position each rep; 20 reps each (10 in each of 2 positions)			
<u>Ex. #</u>	<u>Exercise</u>	<u>TRX Mode / Set-Up</u>	<u>Orientation</u>	<u>Position 1</u>	<u>Position 2</u>
1	<i>Squat</i>	Mid-Length	Face In	Upright; lift heels	Lean back slightly; lift toes
2	<i>Row</i>	Short	Face In	elbows down	elbows up
3	<i>Chest Press</i>	Long	Face Out	feet together	feet apart
4	<i>Knee Tuck</i>	Toes in Foot Cradles	Face Down	knees together	knees apart
5	<i>Tricep Press</i>	Long	Face Out	underhand	overhand
6	<i>Bicep Curl</i>	Short	Face In	underhand	overhand

CHALLENGE 7: 50 REP LADDER

<u>Description:</u>		50 Rep Ladder (5-10-15-20 reps of each movement). Record individual time to finish.			
<u>Ex. #</u>	<u>Exercise</u>	<u>TRX Mode / Set-Up</u>	<u>Orientation</u>	<u>reps / time</u>	<u>Notes</u>
1	<i>Pullup</i>	Short	Face In		keep ribs and thighs close
2	<i>Pike</i>	Toes in Foot Cradles	Face Down		
3	<i>Swing-Swing-Tuck</i>	Toes in Foot Cradles	Face Down		2 swings then knee tuck to one arm
4	<i>Neo Row</i>	Extra Short	Face In		like "Neo" from "the Matrix"
5	<i>Skater Lunge</i>	Mid-Length	Face Sideways		
6	<i>Front Squat</i>	Long	Face Out		
7	<i>Hamstring Curl</i>	Heels in Foot Cradles	Face Up		
8	<i>Row to Tricep Press</i>	Extra Short	Face In		make row harder if unsure

CHALLENGE 8: PUSH-UP PIKE

<u>Description:</u>		2 minutes to do as many as you can			
<u>Ex. #</u>	<u>Exercise</u>	<u>TRX Mode / Set-Up</u>	<u>Orientation</u>	<u>reps / time</u>	<u>Notes</u>
1	<i>Push-Up Pike</i>	Toes in Foot Cradles	Face Down		Take breaks as necessary. More important is % improvement rather than total number improvement.

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