






Exercise	Interval	Sets	Break
TRX Squat 	60 sec	4	30 sec
X Single-legged Squat/Pistol Squat 	60 sec	4	30 sec
TRX Hamstring Curl 	60 sec	4	30 sec
TRX Body Row 	60 sec	4	30 sec
TRX Reverse Fly 	60 sec	4	30 sec

