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1



ATOMIC PUSHUP

2



FLUTTERS

3



SPRINTER'S START

4

ATOMIC PIKE



5

SINGLE-LEG BURPEE



# 10 TRX EXERCISES to STRENGTHEN YOUR ENTIRE BODY

6

BUTT BLASTER



7

OVERHEADS  
TRICEPS  
EXTENSION



8

BICEPS CURL



9

HAMSTRINGS CURL



10

SINGLE-LEG SQUAT



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