November Workout Plan:
Full body TRX

Regis university
Fitness Center

Legs:
- Hamstring curl
- Squats
- Static Lunges

Abs:
- Planks
- crunches
- oblique crunches

Arms:
- Rows
- Chest press
- Deltoid fly
- Roll out
- Bicep
- Triceps

See attached for pictures and proper form!
Correct Form:

Legs:
- Hamstring curl:
  o Lay on back and place heels in straps
  o Lift hips off floor keeping back straight and hold
  o HARDER!: extend legs to straight, then bring them back to starting position
- Squats:
  o Stand with feet hip width apart.
  o With weight in your heels squat like you were sitting in a chair
  o Make sure your knees are moving in a straight line, and staying behind your toes
  o HARDER!: extend one leg in front, and do a single leg squat
- Split squats/ static lunges:
  o Start with one leg in front and one leg behind
  o Performa lunge
  o Keeping knees aligned and behind your toes

Abs
- Planks:
  o Start with toes in straps
  o Fore arms on the ground
  o Keep back straight
- Crunches
  o Start in the plank position
  o Slowly bring knees up to chest and lower back down to a plank position
- Oblique Crunches
  o Start in a plank position with arms straight, hands under shoulders
  o Bring knees up to touch the left elbow
  o Extend back into a plank position
  o Then come up and touch the right side
Continuation of Form

Arms
- Rows
  o Start facing the TRX bands, arms extended
  o Squeezing your shoulder blades together bring yourself up to where your arms are at your arm pits
- Chest press
  o Start facing away from the TRX
  o With your arms out perpendicular and your elbows at 90 degrees
  o Straighten arms and then come back down to this position
- Deltoid fly
  o Start facing the TRX
  o Start with your arms straight out in front of you
  o Squeezing your shoulder blades together bring your arms out to your shoulders
- Bicep Curl
  o Start facing the TRX
  o Feet hip width apart
  o Start with arms bent, straighten them, the return them to starting position
- Triceps Curl
  o Start facing away from the TRX
  o Hold the TRX bands above head with arms bent at 90
  o Extend to straight, then bring back to 90
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