

The Push Pull Work Out

Push and Pull your body to new heights in this new workout! It is designed to hit all the major aspects of the body from a “push pull” aspect.

- TRX Suspended Leg Lunge.
 - TRX Bodyweight Rows
 - Pushups
 - Abdominal Planks
 - Shoulder Presses
 - SLAM! Ball abdominal work
 - Cardio Rowing

These exercises are some of the best around. The TRX system is a body suspension system that works with the bodyweight of the user. Sounds easy? You will quickly see how difficult it quickly becomes.

If you are ready to start getting into the best shape you can be in, come down to the fitness center to be personally led through a workout.

It will challenge, and leave you feeling great!

See you soon!