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Feb 06, 2013 STACK Expert Robert Pomazak provides background info on the TRX Suspension Trainer and offers a complete full-body workout.

### **Trx workout plan: 7 suspension training exercises**

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### **Trx workouts and exercises**

TRX Suspension Training -Arm Exercises In this video we show you some TRX exercises that focus on your arms, in particular your biceps.