

TGRIP

**EXERCISE GUIDE SUSPENSION
STRAPS WITH HANDLES**



TGRIP

ERGONOMIC LIFESTYLE PROTOCOL

Copyright © 2023
TGrid Fitness
All rights reserved



Front Squat



POSITION A

Stand with your feet slightly wider than shoulder-width apart, facing away from the anchor point, holding the handles at your chest, and leaning into the straps to create tension.



POSITION B

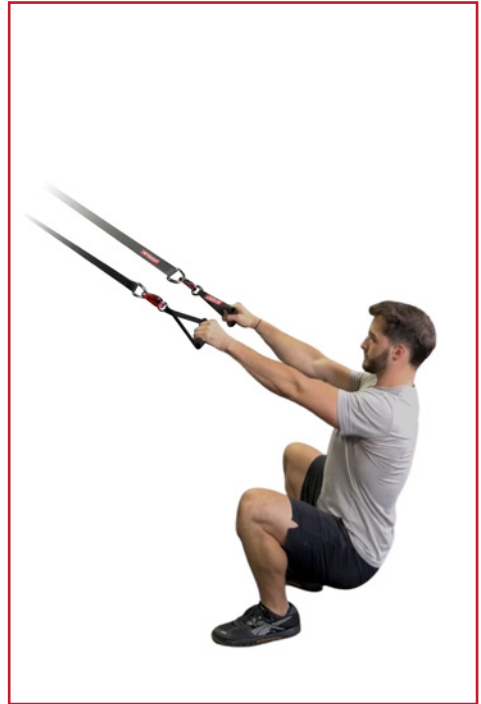
Staying on your toes, lower your body into the squat position so your hip is parallel with your knee or lower. Push through your toes and return to Position A.


TERIP
Squat



POSITION A

Stand facing the anchor point with your feet slightly wider than shoulder-width apart, arms extended. Lean back against the straps to create tension.



POSITION B

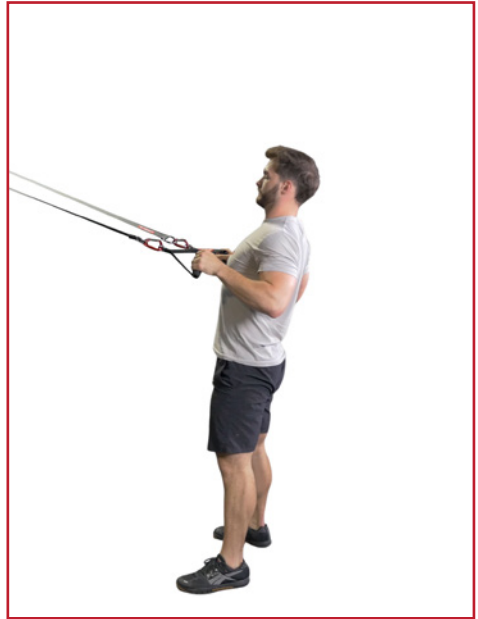
Keep your weight on your heels, reach your hips back, and push your knees out, squatting until the tops of your thighs are parallel to the floor or lower. Push through your heels, stand up, returning to the starting position.

TERIP
Row



POSITION A

Stand facing the anchor point, holding the handles with your arms fully extended in front of you. Walk your feet forward, leaning your body back until you feel tension on the straps.



POSITION B

Pull your body up towards the handles, squeezing your shoulder blades together. Lower your body back to the starting position in a controlled manner. Keep your core engaged and maintain a neutral spine throughout the movement.



Push-up



POSITION A

Face away from the anchor point, arms extended, holding the handles at chest height. Lean forward to create tension on the straps.



POSITION B

Lower your chest towards the handles with your body in a straight line by bending your elbows, keeping them close to your sides. Push through your hands to extend your arms back to the starting position. Engage your core and avoid sagging or arching your back during the exercise.



TERIP

Plank

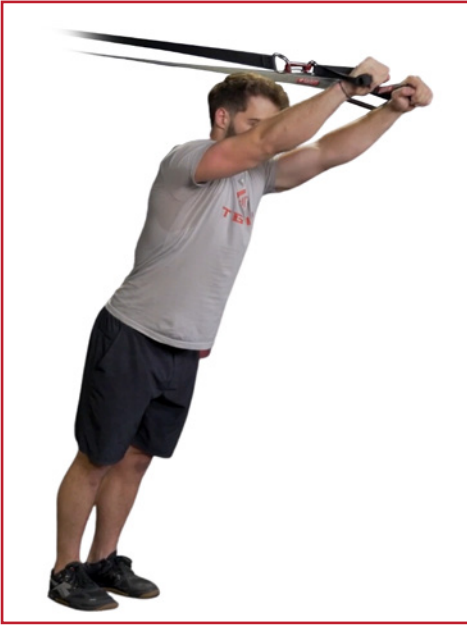


POSITION A

Face away from the anchor point, holding the handles at chest height. Lean forward, leaning until you feel tension on the straps. Assume a plank position with your hands directly under your shoulders and your body in a straight line. Engage your core, glutes, and shoulder muscles to maintain stability. Hold the position for a desired time, focusing on proper alignment and breathing.

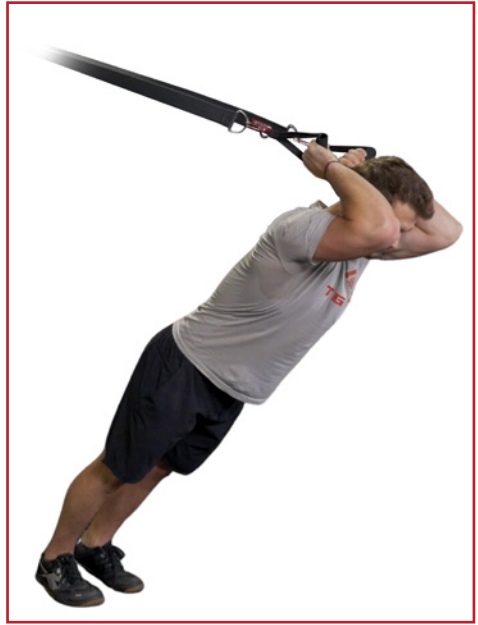


Tricep Extension



POSITION A

Face away from the anchor point, holding the handles with your arms extended overhead. Lean forward until you feel tension on the straps.

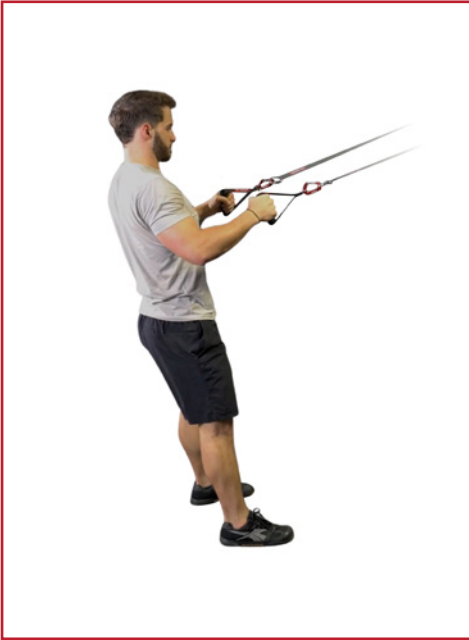


POSITION B

Bend your elbows, bringing your hands towards the back of your head while keeping your upper arms stationary. Extend your arms back to the starting position by straightening your elbows. Keep your elbows in to focus on isolating the triceps muscles and keeping your core stable throughout the exercise.



Lunge



POSITION A

Stand facing the anchor point, arms extended. Lean back against the straps to create tension.

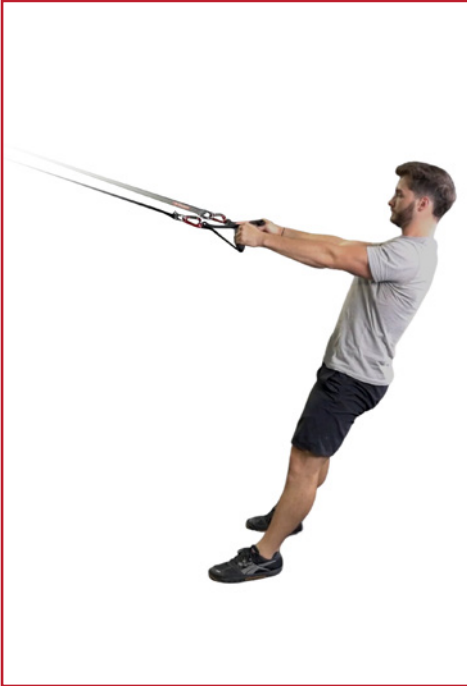


POSITION B

Reach one foot back 3 – 4 feet, depending on the length of your legs, into a split stance. Lower your body by bending both knees, lowering your rear knee to nearly touching the ground. Straighten your legs and return to the starting position.

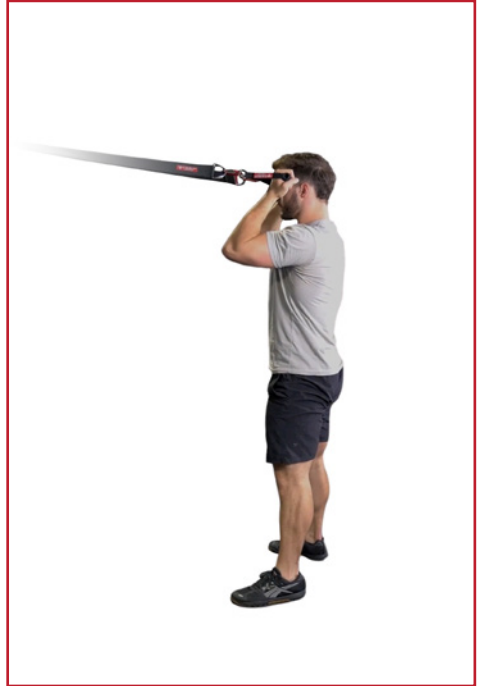


Bicep Curl



POSITION A

Stand facing the anchor point, holding the handles with your arms fully extended. Walk your feet forward, leaning your body back until you feel tension on the straps.

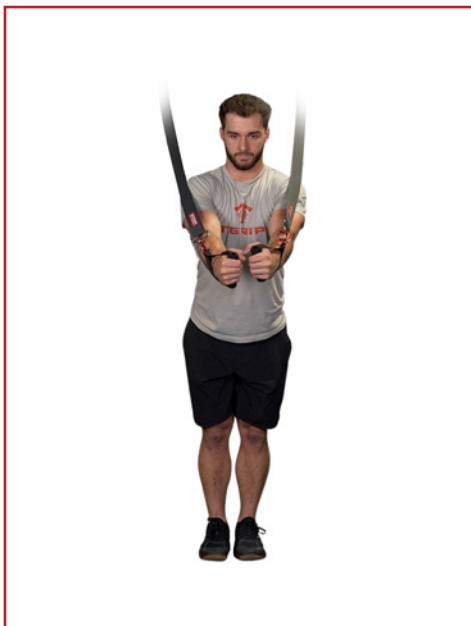


POSITION B

Bend your elbows, curling the handles to either side of your face. Lower the handles back to the starting position in a controlled manner. Keep your elbows in and focus on contracting your bicep muscles.

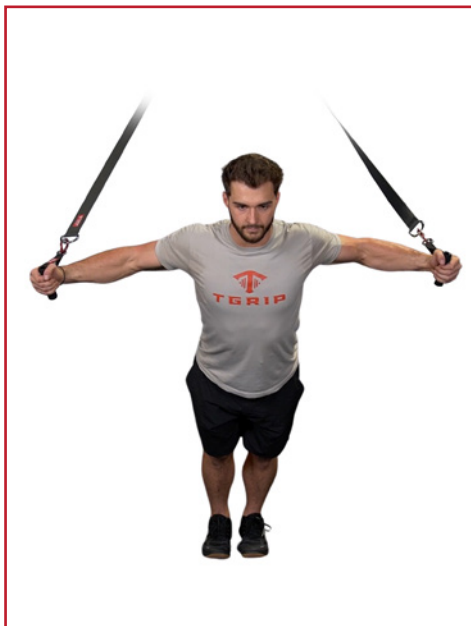


Chest Fly



POSITION A

Stand facing away from the anchor point with your arms extended in front of you. Lean forward to create tension on the straps. Maintaining a slight bend in your elbows.

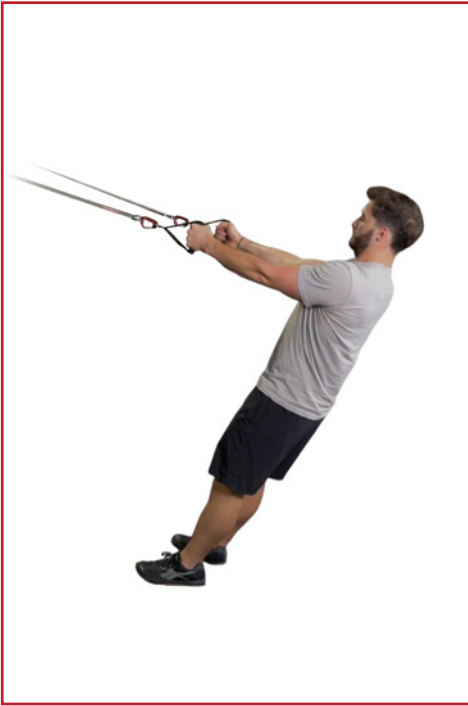


POSITION B

Keeping your core engaged and your back straight. Slowly bring your hands to the side until you feel a slight stretch in your chest. Squeeze your chest muscles and bring your hands back together, returning to the starting position.



Reverse Fly



POSITION A

Stand facing the anchor point with your arms extended in front of you, palms facing each other. Lean back to create tension on the straps.



POSITION B

Keeping your elbows slightly bent, squeeze your shoulder blades together and pull your hands out wide into a T position. Return to the starting position with control, maintaining proper posture throughout. Focus on engaging your upper back muscles and keeping your shoulders down.

