

# TRX SAIOA

## 1 INVERTED ROW



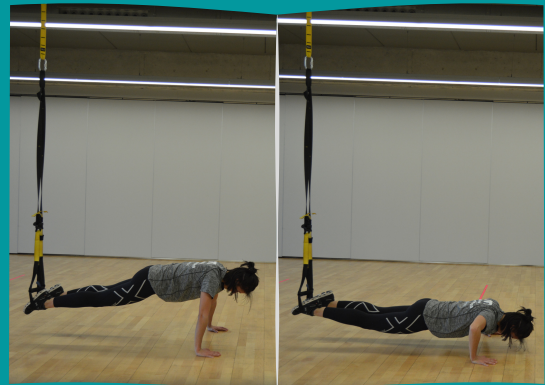
## 5 CHEST FLY



## 2 SQUAT



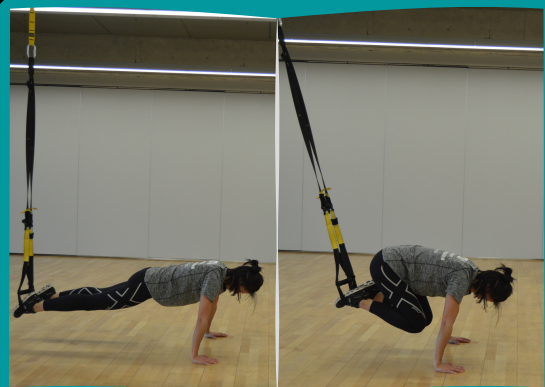
## 6 PUSH UP



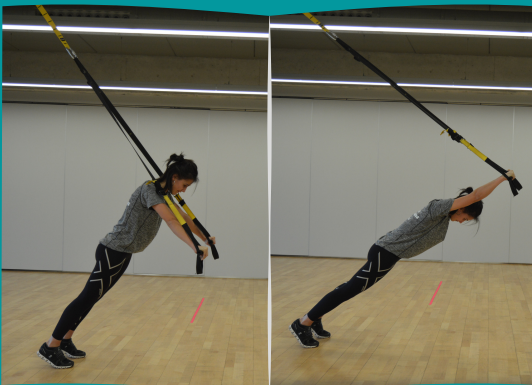
## 3 CHEST PRESS



## 7 CRUNCH



## 4 LAT PULL-OVER



## 8 SUSPENDED LUNGE

