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# 15 Minute Full Body TRX Workout Plan for Beginners



<b>Primary Goal</b>	<b>Functional Strength, Balance and Cardio</b>
<b>Muscles Targeted</b>	<b>Full Body</b>
<b>Training Level</b>	<b>Beginner, Intermediate and Advanced</b>
<b>Program Duration</b>	<b>Ongoing</b>
<b>Average Workout Duration</b>	<b>15 Minutes</b>
<b>Training Days Per Week</b>	<b>3 Days</b>
<b>Required Equipment</b>	<b>TRX Suspension Trainer</b>

<b>Exercise</b>	<b>Duration</b>
<u>TRX Squats</u>	1 minute
<u>TRX Chest Press</u>	1 minute
<u>TRX Bicep Curls</u>	1 minute
<u>TRX Row</u>	1 minute
<u>TRX Mountain Climbers</u>	1 minute
<u>TRX Good Mornings</u>	1 minute

