

7-DAY STRONG CORE - STRONG BODY *Challenge*

Tap the workout to watch the full video!

Click 'challenge' to unlock the full playlist!

DAY	WARM-UP	WORKOUT #1	WORKOUT #2	COOL-DOWN
1	5-minute TRX Upper Body WU	20-minute TRX Upper Body Amrap	10-minute TRX Glutes & Abs Tabata	10-minute No Equipment Full Body CD
2	5-minute TRX Lower Body WU	20-minute TRX + Dumbbell Lower Body Amrap	15-minute TRX Core Strong	6-minute TRX Full Body CD
3	6-minute TRX Full Body WU	20-minute TRX Full Body Amrap	20-minute TRX Core Amrap	6-minute No Equipment Full Body CD
4	5-minute No-Equipment Full Body WU	20-minute TRX + Dumbbell Core Amrap	15-minute TRX Shoulder Mobility	10-minute TRX Hip Mobility
5	5-minute TRX Upper Body WU	20-minute TRX + Dumbbell Upper Body Amrap	10-minute TRX Core Tabata	10-minute No Equipment Full Body CD
6	5-minute TRX Lower Body WU	20-minute TRX Lower Body Amrap	15-minute TRX Core Sweat	6-minute TRX Full Body CD
7	6-minute TRX Full Body WU	20-minute TRX + Dumbbell Full Body Amrap	20-minute TRX Full Body Stretch	-

