

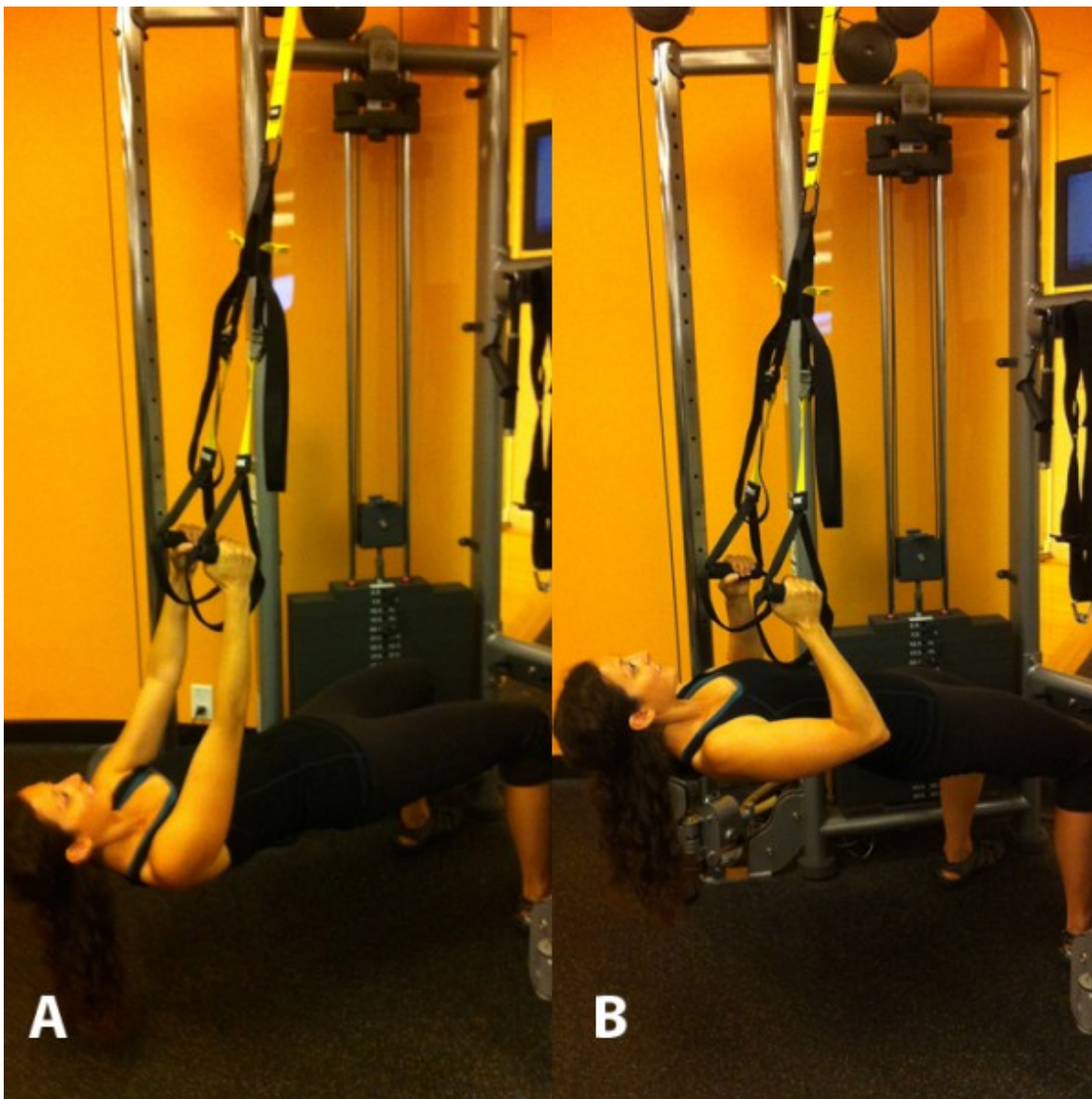
Trainers' Favorite TRX Exercises

15 of the country's top trainers share their favorite TRX moves that'll challenge your fitness and strengthen your entire body.



By [Jessica Matthews](#) Follow [@fitexpertjess](#)

15 of 15 TRX Box Rows



“I love this move because it challenges the pull/row movement directly under gravity and requires stabilizing the core and lower body while finding strength in the upper body,” shares Elizabeth Kovar, master trainer for the American Council on Exercise.

- A.** With the TRX straps shortened hold one handle in each hand and situate the body into a “box” position with chest directly under the handles with soft bend at the elbows.
- B.** Stabilize core and pull body toward handles. Slowly lower and repeat the motion.