

THE DETROIT DIESEL

Suspend Your Training

by **Fred George "The Detroit Diesel"**



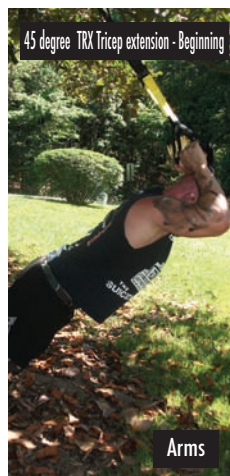
So you think you can train like a Navy Seal? Well here is your opportunity to prove your testicular fortitude!! We are going to work out in a progression today. Starting with the TRX Suspension Trainer and progressing to "The War Machine" by Crosscore. I am going to make your muscles Scream.

Start with the TRX for Sets 1 and 2. Each movement should be timed in 15 second increments with only 5 seconds rest in between each exercise. At the end of each set rest one minute.

Sets 3 and 4 (The War Machine). This progression is much more advanced so be careful and slow your movements until you are comfortable with the machine. When your body is totally suspended the workload doubles and you have to rely on your core stabilizers to hold your body weight in place. Again 15 second increments with 5 seconds rest between movements. Rest 2 minutes between sets 3 and 4. Eventually work up to 30 seconds of work per movement!!

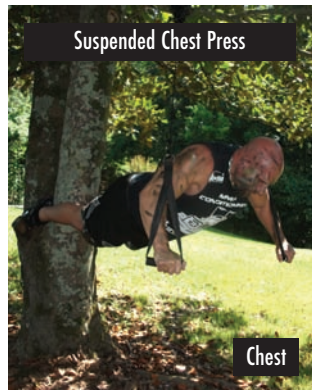
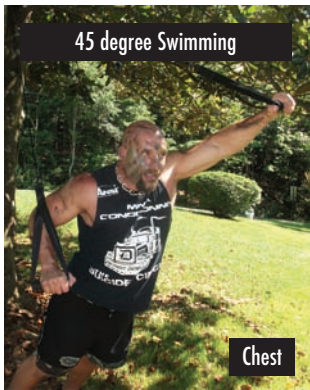
Good luck, God spied, Semper Fi, 00rah! Hooyah!

TRX

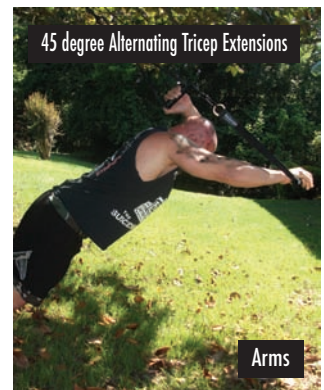
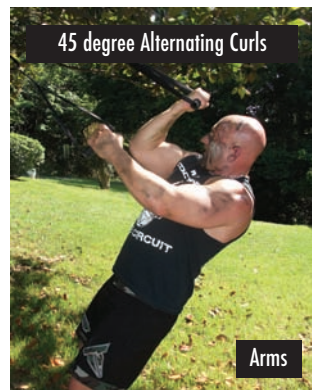
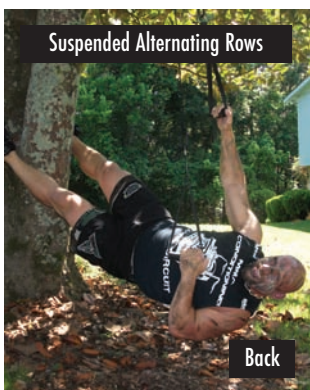
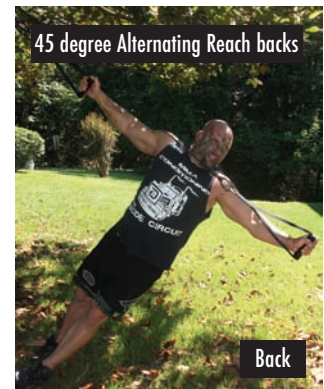


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WAR MACHINE



**Suspended Crucifix -
WARNING! Only
for advanced
athletes.**



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