

TRX Forehand Lunge

Benefits: Strengthens torso and forehand power.

Set-Up: TRX fully lengthened in single handle mode.
Face away from anchor point.



Start Position

- Stand upright with feet together.
- Grasp foot cradle with right hand and extend arm.



Movement Description

- Lunge forward with left foot.
- Rotate torso as if preparing for a forehand stroke.
- Bring left hand across body to increase torso rotation.
- Drive through hips and arm and return to start position.
- Repeat on other side, using opposite arm and leg.

Tip: Coordinate movements of arms and legs to create powerful forehand motion.