

FITNESS FREEDOM *Athletes*



**ALL LEVELS**

**ARNIE'S**

**BODYWEIGHT**

**WORKOUT**

**Straight from the GOAT himself!**

# From Arnie...

*Taken directly from Reddit:*

[https://www.reddit.com/user/GovSchwarzenegger/comments/flz3es/stay\\_at\\_home\\_stay\\_fit/](https://www.reddit.com/user/GovSchwarzenegger/comments/flz3es/stay_at_home_stay_fit/)

"You don't need a gym to be fit. I've written a program for all of you. You can do it every other day and it will cover all of your muscle groups.

The system is simple. If an exercise says 50 reps, you are doing 50 reps however you can. You can do 10 sets of 5 reps, 5 sets of 10 reps, 2 sets of 25 reps. It doesn't matter. All that matters is that you finish 50 reps with perfect form. Once you complete the reps of one exercise, move on to the next exercise.

A note on form: if you cheat at an exercise, you are only cheating yourself. Don't let your ego do the movements for you. You might want to show off to me or your friends and do 50 push-ups in one set, but if you can't do them with perfect form, I'll be more impressed by 5 sets of 10 perfect push-ups.

I have given repetition guidelines for beginners who don't train very often and for more advanced trainers. But if you have actually never worked out, spend your first few workouts just getting used to the movements. I don't want you to force yourself through 25 rows or knee-bends and then be unable to do the workout again in two days because you are too sore. And adjust the exercises for yourself - if a push-up is too much, instead of putting your hands on the floor, put them on a counter to make the movement a little easier. If a dip between chairs is too much, use your feet on the floor to take some of the weight off of your upper body. Don't feel bad about working your way up to the full workout - we all start somewhere.

You aren't adding weight like you would be in the gym, but you can still track your progress. If you could do 5 perfect push-ups today, do 6 in your next workout. Track the number of sets it takes you each time to hit your total reps, and watch as the number of sets goes down over time."

# My Recommendations

## Technique:

As Arnie says, don't cheat. There's no point in rushing the exercises just to hit the rep number. Slow down and use your mind muscle connection to focus on the target muscle. Make sure to squeeze that muscle powerfully throughout every rep. Squeezing that muscle should be the only thing that causes the movement. Then you can be assured that the target muscle is doing most of the work. This will lead to better results.

See my FREE Handbook, "The 7 Skills To Build Muscle With A Suspension Trainer" for a more comprehensive breakdown on exercise technique and skill set to build lean muscle and transform your body:

<https://fitnessfreedomathletes.com/7-skills-to-build-muscle/>

## Rep Tempo:

I would recommend the following tempo for most exercises (I've placed the tempo in the table and adjusted it where needed):

- **2 seconds on the upward (concentric / positive) phase:** This would be the press-up part of a press up

- **2 seconds hold and contract / squeeze at the top of the exercise:** This would be when you are holding yourself with straightened arms in a press up position

- **2 seconds on the downward (eccentric / negative) phase:** This would be lowering yourself to the floor on a press up.

For the harder exercises, like dips and pull ups, I'd go with a 111 tempo unless you're advanced.

## Sets:

I would recommend splitting the sets up into 5 sets of 10 reps (advanced) and 3 sets of 8 reps (beginner). With a 40 second rest (advanced) or a 1 minute rest (beginner) between each set. This will come down to your personal preference and current fitness level and experience. Find what works for you. Some reps also vary, my point is split them equally where you can.

## Beginner and advanced workout plans:

I've created 2, 4 week workout plans that gradually increase in intensity for beginner and advanced. I'd recommend doing 2 - 4 workouts a week (lifestyle dependent), then moving onto the next week.

# **BEGINNER LEVEL WORKOUT PLAN**

## **WEEK 1**

# BEGINNER - WEEK 1

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	25	1 min	222	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	20	1 min	111	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	30	1 min	222	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	30	1 min	222	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	25	1 min	222	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	25	1 min	22	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	25	1 min	222	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	25	1 min	222	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	10	1 min	112	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **BEGINNER LEVEL WORKOUT PLAN**

## **WEEK 2**

# BEGINNER - WEEK 2

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	27	1 min	222	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	21	1 min	111	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	32	1 min	222	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	32	1 min	222	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	27	1 min	222	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	27	1 min	22	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	27	1 min	222	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	27	1 min	222	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	11	1 min	112	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **BEGINNER LEVEL WORKOUT PLAN**

## **WEEK 3**



# BEGINNER - WEEK 3

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	29	1 min	222	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	22	1 min	111	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	34	1 min	222	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	34	1 min	222	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	29	1 min	222	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	29	1 min	22	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	29	1 min	222	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	29	1 min	222	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	12	1 min	112	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **BEGINNER LEVEL WORKOUT PLAN**

## **WEEK 4**

# BEGINNER - WEEK 4

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	31	1 min	222	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	23	1 min	111	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	36	1 min	222	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	36	1 min	222	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	31	1 min	222	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	31	1 min	22	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	31	1 min	222	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	31	1 min	222	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	13	1 min	112	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **ADVANCED LEVEL** **WORKOUT PLAN**

## **WEEK 1**

# ADVANCED - WEEK 1

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	50	40 sec	422	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	50	40 sec	422	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	50	40 sec	224	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	100	40 sec	224	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	50	40 sec	224	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	50	40 sec	44	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	50-70	40 sec	422	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	50	40 sec	224	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	30	40 sec	114	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **ADVANCED LEVEL** **WORKOUT PLAN**

## **WEEK 2**

# ADVANCED - WEEK 2

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	52	40 sec	422	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	52	40 sec	422	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	52	40 sec	224	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	102	40 sec	224	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	52	40 sec	224	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	52	40 sec	44	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	52 -72	40 sec	422	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	52	40 sec	224	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	31	40 sec	114	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **ADVANCED LEVEL** **WORKOUT PLAN**

## **WEEK 3**



# ADVANCED - WEEK 3

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	54	40 sec	422	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	54	40 sec	422	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	54	40 sec	224	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	104	40 sec	224	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	54	40 sec	224	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	54	40 sec	44	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	54 -74	40 sec	422	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	54	40 sec	224	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	32	40 sec	114	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	

# **ADVANCED LEVEL** **WORKOUT PLAN**

## **WEEK 4**

# ADVANCED - WEEK 4

Exercise	Reps	Rest	Tempo	Tips	Notes
Push ups	56	40 sec	422	Push your hands together constantly up and down like you're trying to fold the floor throughout the whole movement. Squeeze your chest powerfully in the top position	
Dips between chairs	56	40 sec	422	Keep elbows tucked in. Chin up and chest out. Squeeze your triceps to push-up	
Row between chairs	56	40 sec	224	Focus on your elbows leading. Drive them back and out. Stretch at the bottom before squeezing back up.	
Sit-ups	106	40 sec	224	Squeeze your ab muscles throughout. Don't rest at the bottom, either keep a slight stomach bend or place a pillow under your arch to stretch the ab muscles.	
Bent-leg raises	56	40 sec	224	Don't rest as you lower your legs to the bottom. Stop an inch before and squeeze your abs to raise your legs back up.	
Bent-over twists	56	40 sec	44	Slow and controlled. No swinging. Squeeze your ab muscles throughout.	
Narrow stance squats (heels on a book)	56 -76	40 sec	422	Gently push your feet outwards against the floor up and down to activate the quad muscles. Slightly lean forward at the waist.	
Calf raises (on a book)	56	40 sec	224	Stretch your calf out at the bottom. Focus on a powerful squeeze at the top.	
Chin-ups	33	40 sec	114	Aim to get your chin to touch the bar. Keep a slight bend in your arms at the bottom, don't just hang.	



## About

**Hi-I'm Adam (aka TRX Traveller).  
I Help People Build Muscle, Burn Fat, &  
Transform Their Body From Home...**

**I Call it, Fitness Freedom.**

*[Founding Story]*

**I could feel my anxiety and frustration rise as I walked from the entrance to the changing room....**

I hated the busy and toxic culture.

But what could I do???

I had to use a gym to achieve my fitness goals, and ultimately, feel myself.

There was NO other way.

**Sound familiar?**

Getting the body you want can be confusing and frustrating.

I should know...



## I used to have an unhealthy psychological reliance on gyms.

I believed I HAD TO be in a gym all the time to achieve my fitness goals, and ultimately, feel myself. It was limiting & confining. I hated the toxic gym culture and BS 'nutrition marketing' that surrounded it. It affected my mental well-being.

And every day as a personal trainer I watched people:

- Struggle to make PT sessions due to their busy life...
- Feel intimidated by the 'ego' driven environment...
- Regard the gym as 'a chore' not enjoyment...

Because of this, their results were limited.

I wanted a better approach.

For my clients, and myself.

## So, in 2016, I decided to break free.

I grabbed a backpack and a TRX suspension trainer and left London to travel South America.



Hiking in Peru and Chile.  
TRX'ing on beaches, ships,  
roofs, parks...

I had a powerful determination to improve my body and mindset without the confines of a gym.

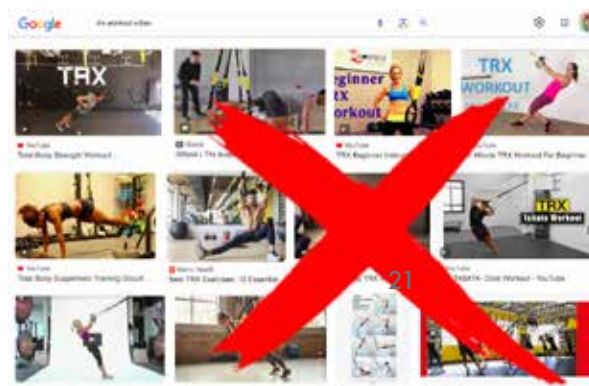
However, I quickly realised there was...

## NO ONE teaching people how to use a TRX suspension trainer to build lean muscle!

Sure, there were Apps & YouTube videos...

But they focused on 'movement-centric technique'.

Which is only good for working up a sweat...





People believe building lean muscle can only be achieved in a gym with weights.

So I began an obsessive and passionate journey to prove that belief wrong.

I studied, documented, and tested more than I ever had.

To develop what I now call the '**Muscle-Centric**' TRX Suspension Trainer Technique.

## **That's when EVERYTHING changed**

In a few months...

I was in the best shape of my life.

It sounds cliché, but it's true.



*Why I'm known as the TRX Traveller – 3 years living in 13 countries using just a TRX*

I combined it with mind-muscle connection principles.

Turning workouts in my own space into a form of meditation.

I felt more calm, confident, and focused after each one.

I called this transformation... Fitness Freedom!

And applied it to resistance band training too.

## **I decided to leave the gym world for good.**

And dedicated my life to teaching people how to build lean muscle, lose fat, and transform their body with just a suspension trainer or resistance band at home.

So they never need to rely on gyms, diet fads, or anyone else's schedule ever again.

My transformation journey from leaving the gym world in 2016 and using only a suspension trainer...



Gym 2007 - 2016



Argentina 2017



Cuba 2018



East Mexico early 2019



North Mexico late 2019



Nicaragua early 2020



London 2021



London 2023

I made the shift because I know what the power of a transformation can bring to someone's life, when it's accessible and sustainable.

**I've seen people just like you transform their bodies...**

And the energy they create becomes a catalyst in:

- Becoming more productive.
- Being more present with their kids...

- Being a better spouse.
- And doubling their confidence.

## **When you transform your body you transform your life.**

In helping people transform their bodies from the comfort of their own home with simple & accessible methods...

I found what I was put on this earth to do:

**To coach people to achieve a healthy, highly energised, and confident body in a way that fits their busy lifestyle...**

To gain Fitness Freedom!

It's the most worthy thing I've ever put my mind to.

Here's to your Fitness Freedom!

### **Coach Adam**

Founder of Fitness Freedom Athletes

**P.S:** On the next page, is how I can help you...



How I Can Help You...

The Fitness Freedom Athletes

# Suspension Trainer Body Transformation Programs

## BEGINNER LEVEL

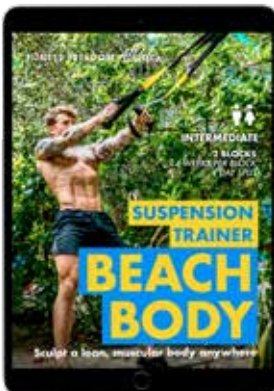


### Total Body Transformation Program (Beginner Level)

Learn The 'Muscle-Centric' Suspension Trainer Technique To Build Lean Muscle & Transform Your Body In Just 8-Weeks!

[Learn More >>](#)

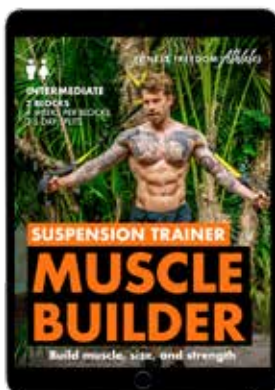
## INTERMEDIATE LEVEL



### Beach Body Program (Intermediate Level)

Get Lean, Fit, & Beach Body Ready In Just 8-Weeks With A Suspension Trainer!

[Learn More >>](#)



### Muscle Builder Program (Intermediate Level)

Build Muscle Mass, Strength, & Size In Just 8-Weeks With A Suspension Trainer!

[Learn More >>](#)

How I Can Help You...

The Fitness Freedom Athletes

# Suspension Trainer Body Transformation Programs

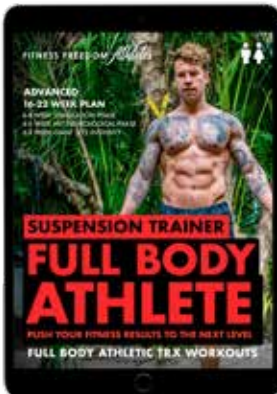
## ADVANCED LEVEL



### Ultimate Physique Sculptor Program (Advanced Level)

Transform Your Weak Areas To  
Completely Re-Sculpt Your Physique In  
12-Weeks With a Suspension Trainer!

[Learn More >>](#)



### Full Body Athlete Program (Advanced Level)

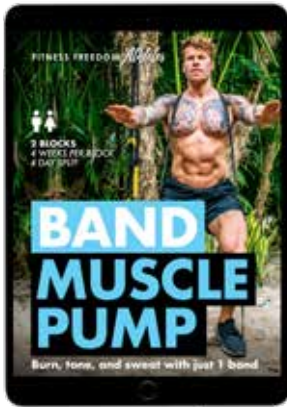
Build As Much Muscle Mass As Possible In  
16-Weeks Using High Intensity Training  
With A Suspension Trainer!

[Learn More >>](#)

How I Can Help You...

Fitness Freedom Athletes

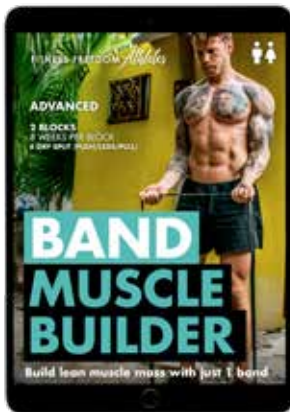
# Resistance Band Body Transformation Programs



## Band Muscle Pump Program (BEG - INT Level)

Learn The 'Muscle-Centric' Resistance Band Technique To Build Lean Muscle & Transform Your Body In 8-Weeks!

[Learn More >>](#)



## Band Muscle Builder Program (INT - ADV Level)

Completely Re-Shape & Sculpt Your Body In 12-Weeks With One Resistance Band Using 'Muscle-Centric' Technique!

[Learn More >>](#)

# Unsure? Take The 'Which Program Quiz':



In less than 60 seconds I'll help you find the **best Suspension Trainer or Resistance Band Program to achieve your fitness goal.**

From beginner to advanced, I've got a **Program for everyone.**

**Yes! Take The Quiz Now!**



# Join Thousands Of People From 83 Countries Using... The Fitness Freedom Suspension Trainer & Resistance Band Programs To Transform Their Bodies

**Matt**

*"Unreal body changes, lost 53lbs, lean, and defined!"*



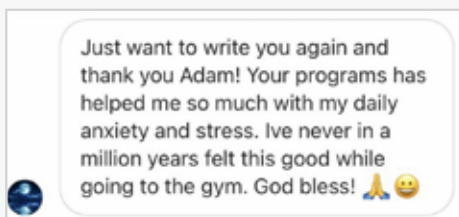
**@hoyboss (Reddit)**

*"Incredibly detailed and maximise growth while increasing familiarity"*



**Julie**

*"Helped so much with daily anxiety and stress"*



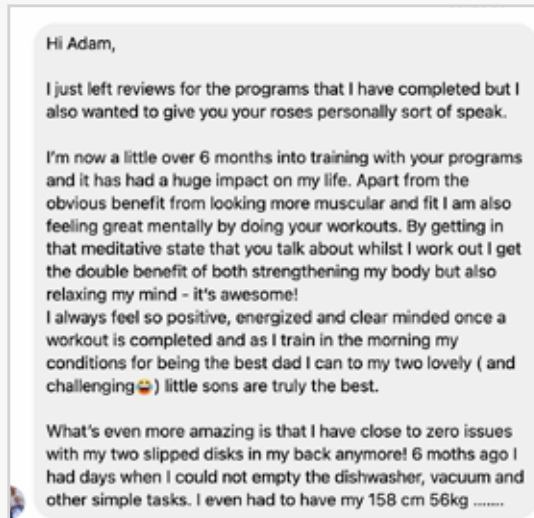
**Lyndsey**

*"It's like I've stumbled upon the holy grail"*



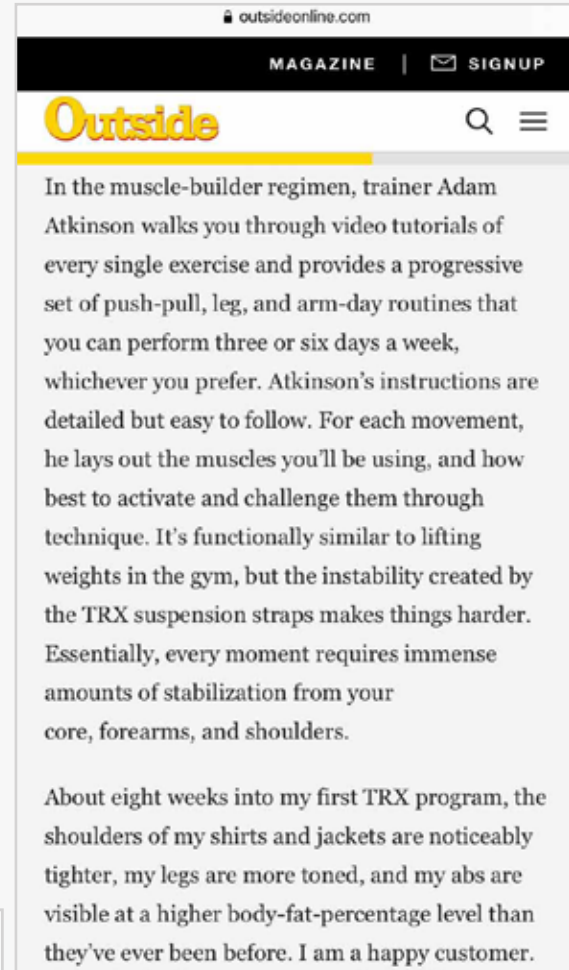
**Andreas**

*"Looking more muscular and fit and feeling great mentally. To be the best dad he can be!"*



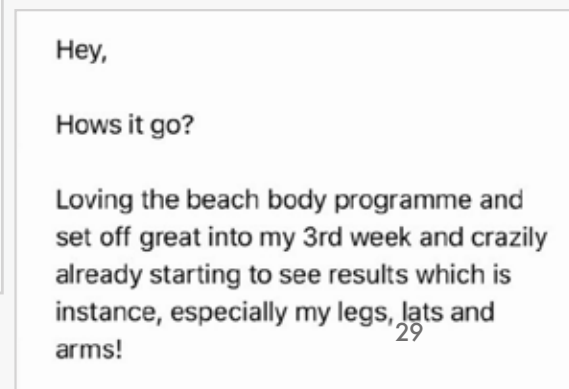
**Wes Siler**

*(Outside Magazine Journalist)  
"Bigger shoulders, toned legs & visible abs after 8 weeks!"*



**Rob**

*"Loving the TRX Beach Body Program, in my 3rd week and already seeing results!"*



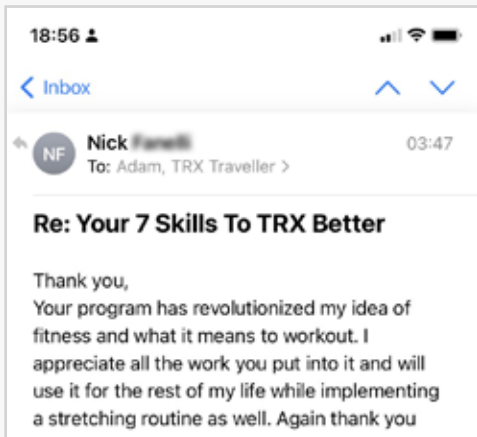
## Will

*"Beginner with fitness and lost 13 lbs in 8 weeks and learned A LOT!"*



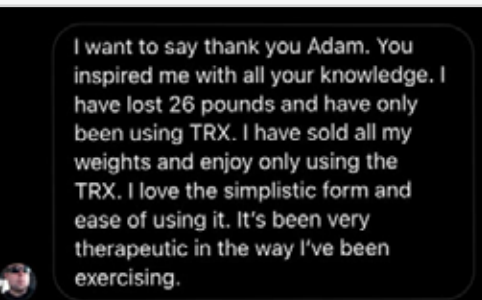
## Nick

*"Your Program has revolutionized my idea of fitness and what it means to workout"*



## Si

*"Lost 26lbs and sold all my weights"*



## Heather

*"Seeing changes in my arms I've never seen!"*



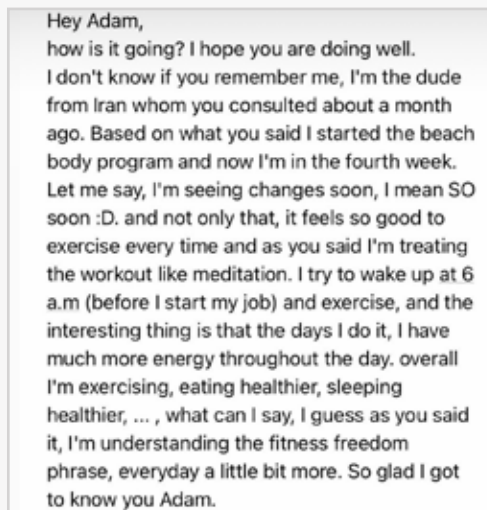
## Randy

*"Thanks to your Programs, I'm 57 and in the best shape of my life!"*



## Farshid

*"In the fourth week and seeing changes so soon! I have much more energy throughout the day"*



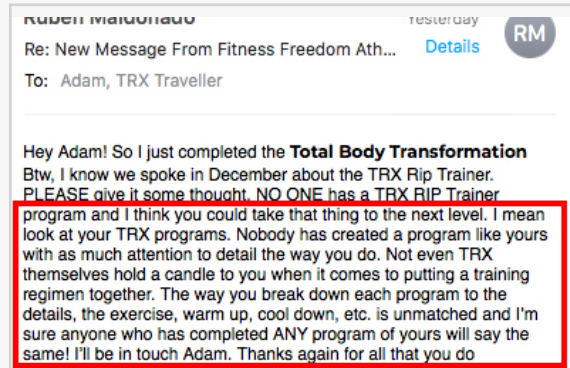
## Chris

*"Literally your Program has changed my life"*



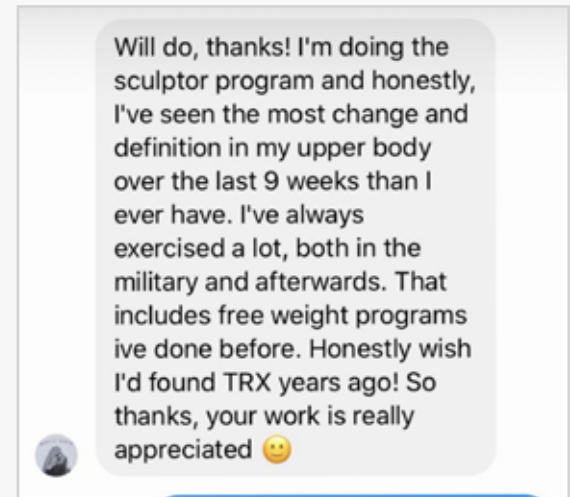
## Ruben

*"Not even TRX themselves hold a candle to you when it comes to putting a training regime together"*



## Max

*"Seen the most change and definition in my upper body ever!"*





## Callie

*"Your workout guide is absolutely fantastic!"*

Hi Adam,

Helpful on both fronts, thanks so much!!

Makes sense on the differences between the low row and hammer curl.

I also have to say: your workout guide is absolutely fantastic. It's in-depth, well rounded, and exceptionally professional. If there's a helpful place (or 2) that I can give you a ramby review, let me know! I've done a lot of programs and worked with a lot of people over the years, and yours is in the top 3, no competition.

## @hall\_ben (Reddit)

*"I've been delighted with the Program!"*

r/trx  
u/hall-ben • 5d

### TRX Traveller- total body transformation program experience

Finishing the last week of TRX traveller beginners program and I wanted to share my experience. I've been delighted with the program and plan to move onto TRX traveller muscle builder at the end of the week. It's a thoughtful and well rounded program and I've been pleased with my progress.

I think what was most impressive to me was the emphasis on form and mind muscle connection, with slow exercises. This really worked well for me; the sessions were tiring, leaving the worked muscles exhausted, particularly in the second "intensity" block. I also felt more confident about the exercises doing them slowly; in the other program I found I sacrificed form to do more work in a short time, and was beginning to worry about injury.

## Julia

*"I am blown away by the results. I have never looked like this before"*

Re: Your TRX Core Developer Program...  
To: Adam, TRX Traveller

Hi Adam!

I also wanted to use this opportunity to tell you that I really enjoy training with your programmes. I am in my mid 40ies and due to chronic illness in my teens and twenties never developed an appropriate amount of muscle mass. While my body is healthy now, I was still low on muscle mass. I have been training with you since September and I am blown away by the results. I have never looked like this before. And my chronic lower back pain has also disappeared as a bonus 😊.

Take care,

## @thewolf\_atx (Reddit)

*"The beginner Program is fantastic. It is so much better than any other Program I found out there"*

from u/TheWolf\_atx via r/trx sent 2 years ago

The beginner program from u/TRX\_traveller (edited for spelling) who is on here often is fantastic. It is so much better than any other program I found out there. I have moved to the intermediate and I love it too. It does cost a little but has been well worth it in my mind. miles beyond anything TRX offers (which is crazy) and is a true comprehensive week-by-week progressive TRX program with beginner, intermediate, and Advanced courses. He has a ton of content on Youtube as well (all the moves in the program are part of his youtube content) but the program puts it all together by week to get you great results.

I am not affiliated with him in any way- just thought his content was the best by far of any I found when I was in your shoes a few months ago.

## Mike

*"I was amazed at the results! Your Programs are worth every penny!"*

Mike W.

Yesterday

MW

Positive Feedback

To: Adam, TRX Traveller

Hello Adam!

I downloaded your exercise program back in October, just before I took off on a 2 month business trip.

I have to say I am totally satisfied with the routines and your thoughtfulness, penmanship thoroughness in putting things together. This is not a plug for TRX, because the system can be pretty ineffective routines to follow, which is the genius of what you have done. I was amazed at the results: I was surprised at the definition that became evident in my arms and shoulders, I got more than one compliment. The other result was the exercise my abs got; they were not the focus of any one exercise, but were obviously getting a workout in most of the routines.

Your programs are worth every penny paid!

Thank you,

## Reddit Thread

*"I started with the beginner and really loved it. I'm ready for the intermediate"*

17:31

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TheWolf\_atx • 17h

Check out u/Trx\_Traveller on here. He has some great content on YouTube and has some excellent full courses he sells for a very reasonable price. I started with the beginner and really loved it. I'm ready to move to the intermediate but I have a shoulder injury keeping me on the sidelines until I can get it to get it fixed. This injury is unrelated to using the Trx (bone spur under my rotator cuff). It is by far the most comprehensive TRX content I have ever found by a wide margin. 8 week courses with every week mapped out, building every week to more intense effort after building from the

## Adam

*"Enjoying it more than any other fitness approach I've ever experienced"*



Adam LaRusso

Crepi il lupo!

Ciao from Torino, Michele! I can totally relate to your post. I injured my shoulder last year doing X3 style resistance band training and let it be my excuse to totally get off track with my fitness goals- including lots of wine and negronis and other tasty Italian treats.

Anyway, I just completed week 4 of the Total Body Transformation program yesterday and am loving it- like Adam said here, it's like a moving meditation and I'm enjoying it more than any other fitness approach I've ever experienced. I am feeling so much more embodied and strong after just a few weeks so I cannot wait to see how I'll feel (and look) after four months or years!

... See More

21 h Like Reply

2

## Patrick

*"You've opened my eyes to an entire new way of training"*

Hi Adam,

I'm loving working out with my TRX and you've opened my eyes to an entire new way of training over the past year! After ~10 years of weights (much like you), I love the freedom and newfound mind<->body connection with your method.

I started with your Beginner Total Body Program, and I've cycled through that a few times this year. I'm looking to upgrade to Muscle Builder, but I'm only seeing the package for the "Muscle and Size System" on your revamped site.

## Heather

*"I'm getting so much from your coaching more than any other TRX Program or coach!"*



#TRXWORKOUT

1st now · 6

3rd workout done! I wish I had discovered you sooner!! I love how you keep reminding us of intention and mind muscle connection. I'm getting so much from your coaching than I have with any other trx program or coach!

# Let's Connect Further

If you have any questions, thoughts, or want to chat about your goals?

I'm right here: [adam@fitnessfreedomathletes.com](mailto:adam@fitnessfreedomathletes.com)

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