

ALL LEVELS ARNIE'S BODYVEIGHT VORKOUT

Straight from the GOAT himself!

••

From Arnie...

Taken directly from Reddit:

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 10reps (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 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...

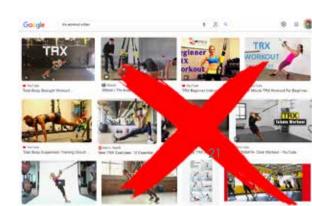
I had a powerful determination to improve my body and mindset without the confines of a gym.

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 cliche, but it's true.



Why I' 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!

<u>Learn More >></u>

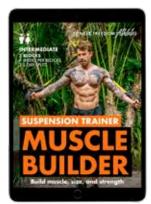
INTERMEDIATE LEVEL



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!

<u>Learn More >></u>

How I Can Help You...

The Fitness Freedom Athletes Suspension Trainer Body Transformation Programs

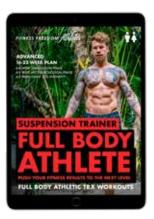
ADVANCED LEVEL



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)

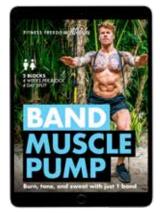
Build As Much Muscle Mass As Possible In 16-Weeks Using High Intensity Training With A Suspension Trainer!

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"



I WAS going to recommend checking out u/ TRX_Traveller but, of course, Adam's already commented!

I can't recommend his programs enough. Though I haven't had specific questions to ask, he's made it clear he is always available and offers encouragement on his own. His YouTube channel is an invaluable resource and reference.

The programs themselves, I feel, are very reasonably priced especially considering the lifelong investment you're making on yourself. They are incredibly detailed and maximize growth while increasing familiarity with such dynamic system.

🛱 🔄 Reply 🛉 2 🖑

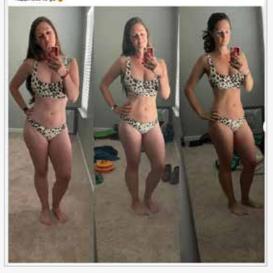
Good luck & Godspeed!

Julie "Helped so much with daily anxiety and stress"

Just want to write you again and thank you Adam! Your programs has helped me so much with my daily anxiety and stress. Ive never in a million years felt this good while going to the gym. God bless! "It's like I've stumbled upon the holy grail"

Lindsey Image Precommends Fantes Freedom Ar

(g) Adam's Brach looky program after stalling his website for about fuo monthal I did so much measure looking for amylfing or anyone even remotive doing what Adam is doing and found stale. It is like I have standided upon the holy graf and tell every person in my life about it now. Adam completely changes the way you then about motivats and as long as you are open to it them you will eve amusting results. Toxined this program with this AB program and Totheved a good portion of his det tool it had no due how many carbs that staling in one at open Just Ensisted im § bit and final week of BB and now going to try my hand at Physicole Scupter. Week 1 to 6 and could not be happier with the results! Ten pounds down and a lifetime of happiness to go Q.



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

Hi Adam,

I just left reviews for the programs that I have completed but I also wanted to give you your roses personally sort of speak.

I'm now a little over 6 months into training with your programs and it has had a huge impact on my life. Apart from the obvious benefit from looking more muscular and fit I am also feeling great mentally by doing your workouts. By getting in that meditative state that you talk about whilst I work out I get the double benefit of both strengthening my body but also relaxing my mind - it's awesome!

I always feel so positive, energized and clear minded once a workout is completed and as I train in the morning my conditions for being the best dad I can to my two lovely (and challenging 🍚) little sons are truly the best.

What's even more amazing is that I have close to zero issues with my two slipped disks in my back anymore! 6 moths ago I had days when I could not empty the dishwasher, vacuum and other simple tasks. I even had to have my 158 cm 56kg

Wes Siler

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



In the muscle-builder regimen, trainer Adam Atkinson walks you through video tutorials of every single exercise and provides a progressive set of push-pull, leg, and arm-day routines that you can perform three or six days a week, whichever you prefer. Atkinson's instructions are detailed but easy to follow. For each movement, he lays out the muscles you'll be using, and how best to activate and challenge them through technique. It's functionally similar to lifting weights in the gym, but the instability created by the TRX suspension straps makes things harder. Essentially, every moment requires immense amounts of stabilization from your core, forearms, and shoulders.

About eight weeks into my first TRX program, the shoulders of my shirts and jackets are noticeably tighter, my legs are more toned, and my abs are visible at a higher body-fat-percentage level than they've ever been before. I am a happy customer.

Rob

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

Hey,

Hows it go?

Loving the beach body programme and set off great into my 3rd week and crazily already starting to see results which is instance, especially my legs, lats and arms!

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"

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< Inbox	~ ~
To: Adam, TRX Traveller >	03:47

Re: Your 7 Skills To TRX Better

Thank you,

Your program has revolutionized my idea of fitness and what it means to workout. I appreciate all the work you put into it and will use it for the rest of my life while implementing a stretching routine as well. Again thank you

Si "Lost 26Lbs and sold all my weights"

I want to say thank you Adam. You inspired me with all your knowledge. I have lost 26 pounds and have only been using TRX. I have sold all my weights and enjoy only using the TRX. I love the simplistic form and ease of using it. It's been very therapeutic in the way I've been exercising.

"Seeing changes in my arms l've never seen!"



Doing the new body sculptor program. What made me choose this program was the emphasis on shoulder definition and bicep definition at rest. <u>Adam Atkinson</u>, you rock! I am seeing changes in my arms I've never seen. Keep these awesome programs coming.



Randy

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

randy gutierrez + 15 minutes ago
Thank You Adam
Because of Trx and your training principles I've
gained muscles and overall fitness far more than
anything else l've done on my life.
I'm 57 years old and in the best shape of my life.
4 : — —

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

Hey Adam,

how is it going? I hope you are doing well. I don't know if you remember me, I'm the dude from Iran whom you consulted about a month ago. Based on what you said I started the beach body program and now I'm in the fourth week. Let me say, I'm seeing changes soon, I mean SO soon :D. and not only that, it feels so good to exercise every time and as you said I'm treating the workout like meditation. I try to wake up at 6 a.m (before I start my job) and exercise, and the interesting thing is that the days I do it, I have much more energy throughout the day. overall I'm exercising, eating healthier, sleeping healthier, ..., what can I say, I guess as you said it, I'm understanding the fitness freedom phrase, everyday a little bit more. So glad I got to know you Adam.

Chris "Literally your Program has changed my life"

Literally your TRX program has changed my life! Came from really hard thrashing competitive CrossFit and needed to find the basics again without the toxicity of comparing myself to others. Ill be done with the physique sculptor soon on my back packing trip and I'm torn between the full body intensity or muscle builder next!!

Ruben

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



Hey Adam! So I just completed the **Total Body Transformation** Btw, I know we spoke in December about the TRX Rip Trainer. PLEASE give it some thought, NO ONE has a TRX RIP Trainer program and I think you could take that thing to the next level. I mean look at your TRX programs. Nobody has created a program like yours with as much attention to detail the way you do. Not even TRX themselves hold a candle to you when it comes to putting a training regimen together. The way you break down each program to the details, the exercise, warm up, cool down, etc. is unmatched and I'm sure anyone who has completed ANY program of yours will say the same! I'll be in touch Adam. Thanks again for all that you do

Max

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

Will do, thanks! I'm doing the sculptor program and honestly, I've seen the most change and definition in my upper body over the last 9 weeks than I ever have. I've always exercised a lot, both in the military and afterwards. That includes free weight programs ive done before. Honestly wish I'd found TRX years ago! So thanks, your work is really appreciated 🙂

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 rambly 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.



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"



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 /w/TheWolf_atx via /r/tra sent 2 years

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 crary) and is a true comprehensive week-byweek 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 preat results.

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

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.



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.

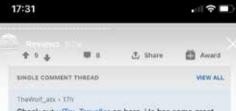
I have to say I am totally satisfied with the routines and your thoughtfulness, penmanship thoroughness in putting things together. This is not a plug for TRX, because the system can be pretty ineffective routines to follow, which is the genius of what you have done. I was amazed at the results: I was surprised at the definition that became evident in my arms and shoulders, I got more that 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"



Check out uffrx_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 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

21h Like Reply

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!"

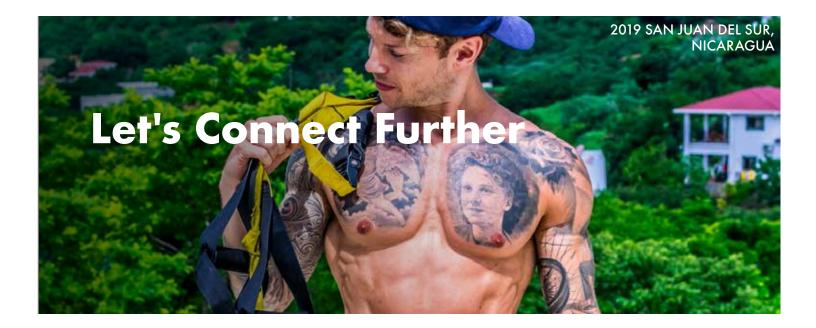
#TRXWORKOUT

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!

<u>Click Here</u> To View More Success Stories

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If you have any questions, thoughts, or want to chat about your goals? I'm right here: **adam@fitnessfreedomathletes.com**

Connect with me on socials here:

<u>Facebook</u>

<u>Instagram</u>

<u>YouTube</u>

<u>Reddit</u>

The boring but necessary disclaimer: Adam Atkinson Founder of Fitness Freedom Athletes is not a doctor or registered dietitian. The contents of this website and it's Programs should not be taken as medical advice. They are not intended to diagnose, treat, cure, or prevent any health problem - nor are they intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this website and Programs is strictly at your own risk. Adam Atkinson will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death. All documents included or exchanged between Adam Atkinson and the Client are the intellectual property of Adam Atkinson and Fitness Freedom Athletes and are not to be copied, sold, published, posted, or redistributed either in part or in full without Adam Atkinson's written consent. All violations will be prosecuted to the fullest extent of the law.