



Mount Olympus Workout with TRX

Created by Eric Hughes, CSCS, PES, CPT

ZEUS: King of the Gods – “The Lightning Bolt”

Targets: Rotator cuff

Start Position: TRX should be in single handle mode, and lengthened according to amount of vector resistance you would like – remember, this is a single arm exercise stressing the rotator cuff, start off easy. You will be facing the anchor point, with your feet shoulder width apart. Elbows should be slightly bent.



Movement: The movement mimics the eccentric portion of a throwing motion. Pull the TRX handle back as if it were a football or a baseball. The leg on the same side that is grasping the handle, right leg in the picture, should stay pointed towards the anchor point; the other leg will be pivoting as you move. The hips will rotate as you bring your arm back, creating internal rotation of the stabilizing leg. There should be NO rotation of the low back. Focus on keeping a tight core throughout the motion. The end position should resemble the mighty Zeus preparing to hurl a lightning bolt.

Note: Make sure to return to the start position with control, this will emphasize work on the rotator cuff helping with deceleration, where many shoulder injuries occur. You can also start with both feet perpendicular to the anchor point, facing the direction of the hand holding the TRX. Still focus on hip rotation, keeping one foot stable, to maximize the power connection to the ground.

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POSEIDON: God of the Sea – “Summoning the Waves” (Reverse Superman)

Targets: Posterior chain: Legs, shoulders, scapular retractors, spinal erectors

Start Position: Facing the anchor point with the TRX long, legs should be slightly greater than shoulder width apart. Externally rotate the shoulders as much as possible; keeping the hands close to the shoulders and at a distance from the TRX that there is no slack on the straps. Then, lean back, and walk your feet slightly forward, relying on your shoulders to keep you in place.



Movement: Go into a deep squat, without rounding your low back, and without allowing your arms to rotate forward, then from the deep squat, press up and out until the body is extended fully. This is essentially a reverse “TRX Superman”.

Note: Be sure to keep your shoulder blades retracted as much as you can throughout the movement. Also, be careful not to hyper-extend the spine, work more on full extension minimizing any movement of the spine throughout the exercise for optimal core work.

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HADES: God of the Underworld – “Up from the Underworld”(Dive Bomber Atomic Pushup)

Targets: Chest, shoulders, core

Start Position: The TRX should be lengthened to 16-18 inches (around your lower leg length) from the ground, which is higher than for a normal TRX atomic pushup. Place your feet in the cradles, and start with your knees directly below the anchor point. From there walk your hands slightly forward and at a pushup width.



The Movement: Lifting up, with knees and hips flexed, push your body backwards behind the anchor point, creating tension throughout the shoulders, looking similar to a hovering “child’s pose”. In a controlled motion, lower the torso downward, swooping it between the hands, and as you push yourself up, fully extend the legs. Reverse this motion to go back to the starting point. Essentially, once you get up into the start position, you do a dive-bomber pushup.

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ARES: God of War – “The Shield Block into an Uppercut”

Targets: Biceps, Triceps, Back, Shoulders

Start Position: Start facing the TRX anchor point, with the TRX in the long position. Grab the handles with a supinated (underhand) grip, and elbows slightly flexed. Keep the knees slightly flexed and the feet together.



The Movement: Simultaneously flex the shoulder and elbow of one arm into a bicep curl, while extending at the shoulder and flexing the elbow of the other arm. Then, quickly return to the start position and alternate arms. This mimics a block and then an uppercut. This movement should be done with power, and there should be no sawing on the TRX straps. For an advanced movement, go single leg, and alternate from leg to leg.



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Aphrodite: Goddess of Love – “The Lovers Embrace” (Reverse T into a Chest Fly)

Works: Chest, posterior deltoids, rhomboids, core

Start Position: The TRX should be long, with the arms fully extended and the shoulders retracted. This is the end position of the Reverse T (Reverse Fly).



The Movement: Bring your arms towards each other with control, crossing over one another in front of your chest and immediately squeezing your chest to continue crossing the arms over one another. You should end with the elbows lined up one above the other. Then reverse this motion into a Reverse Fly.

Note: Your elbows should stay extended when you are in the reverse fly motion, and then they will flex to around 90 degrees when you go into the chest fly motion. Be sure to actively contract the chest on the chest fly, and the posterior deltoids (back of the shoulders) on the reverse fly. Be sure to alternate with each rep which arm is on top during the chest fly portion.

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Artemis: Goddess of the Hunt – “Ambushing Prey” (Mountain Climber Saw Plank)

Works: Lats, core, hip flexors

Start Position: Begin in a plank position, on your elbows, with feet in the cradles and slightly in front of the anchor point. The foot cradles should be slightly higher than for a normal saw plank. They should be between 14 and 18 inches from the ground.



The Movement: Keeping the elbows in place, push your entire body back towards the anchor point as if your body were a long saw, while simultaneously flexing one hip to 90 degrees. Extend the leg back out fully as you bring yourself back to the start position. Repeat the movement, with the opposite leg flexing. Alternate legs each repetition.

Note: Keep your back straight throughout the entire motion.

Eric Hughes is the President and founder of Omega Performance Training, a sports performance and personal training studio in Plano, TX. Eric is a Certified Strength and Conditioning Specialist, a Functional Movement Screen Specialist, a Performance Enhancement Specialist, and a Certified Personal Trainer with NSCA, NASM, and The Cooper Institute. Eric is also a member of the Todd Durkin Mastermind Group. Eric is currently working on his Masters Degree of Science in Human Movement with an emphasis in Sports Performance.

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