


## TRX All Body Flexibility Chart– TRX003

<p><b>Description</b></p>	<p>◆ Get a more flexible, mobile body with this 2' by 3' wall-mounted stretching guide. This poster features 12 total body stretching exercises, a tear-proof, spill-resistant surface and handy grommets for easy installation. Life feels better when you move better.</p>
<p><b>Details</b></p>	<p>1. Dimension: 2' x 3' 2. Material: spill-resistant, tear-proof, material and has handy grommets for easy installation.</p>
<p><b>Image</b></p>	 <p>The image shows a poster titled "TRX Flexibility" with the subtitle "Stretch on the TRX Suspension Trainer™ to reduce muscle tension, increase range of motion and improve posture." The poster is divided into three sections: "UPPER BODY", "LOWER BODY", and "CORE". Each section contains four exercises with illustrations and brief instructions. At the bottom, it says "Visit TRXtraining.com" and "Fitness Level: All".</p>