

TRX Suspension Training

Basic Training

PURPOSE:

To equip you with a basic understanding of TRX Suspension Training and present the opportunity to implement true functional exercise into your life and the life of others.

OBJECTIVES

Defining TRX:
What is TRX
Suspension
Training?

Why TRX is so unique
and powerful:
Specifically for youth

How it works:
Fundamental principles
& applied science

Defining TRX

1. Body weight resistance training.
2. Simultaneously builds strength, balance, flexibility and core stability.
3. To utilize high tension loads to target strength with mobility plus stability

Benefits

1. Applies to all fitness levels, all fitness goals and can be utilized in unique places
2. All core all the time
3. True functional training

Fundamentals

1. Different lengths allow for hundreds of exercises
2. Varying resistance
3. Alter stability



Applied Science

1. All exercises are formatted surrounding the 6 fundamental movements
 - Push, pull, squat, lunge, step, rotate
2. Training Movement
 - 3 Planes of motion: sagittal, frontal, transverse
3. Single overhead anchor point
 - Optimizing the body's natural tendency to control center of gravity maximizing muscular control
