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.

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

TRX Suspension Training

Basic Training

OBJECTIVES

Defining TRX: What is TRX Suspension Training?

Why TRX is so unique and powerful:

Specifically for youth

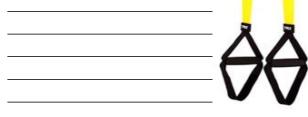
How it works:
Fundamental principles
& applied science

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