



## **TRX Suspension Training Workshop**

**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 lives of others.

**Objectives:** You will leave here today understanding;

1. What TRX Suspension Training is.
2. Why it is such a unique and powerful fitness tool, specifically for youth.
3. The fundamental principles and applied science of how TRX Suspension Training works.

### **Definition:**

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

### **Fundamental Principles:**

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

### **Applied Science:**

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