



MAKE IT
PERSONAL™

TRX

MOVE BETTER. TRAIN BETTER. COACH BETTER.

GEAR, EDUCATION & PROGRAMMING SOLUTIONS FOR YOUR BUSINESS



// TRX EDUCATION JOURNEY

A progressive training curriculum based on a system of Foundational Movements.

FOUNDATIONAL COURSES



TRX SUSPENSION TRAINING COURSE

- Fundamentals of TRX® Suspension Training®
- TRX Foundational Movement Standards



TRX FUNCTIONAL TRAINING COURSE

- Deliver multi-modality exercise circuits
- Expand Foundational Movements to other modalities
- Address common faults

SPECIALIZATION COURSES



TRX GROUP TRAINING COURSE

- Effectively manage groups on the TRX Suspension Trainer™
- Learn TRX-specific coaching strategies for personalizing group training experiences

CERTIFICATION COURSE



TRX ADVANCED GROUP TRAINING COURSE

- Advance your group coaching skills
- Understand and apply the TRX Programming Lenses to create your own workouts and programs

// TRX TEAM PROGRAMMING

BASED ON EDUCATION COURSES ATTENDED

Invest in your trainers' education and gain access to premium programming + marketing support designed to attract, engage and retain members.

TRX SUSPENSION TRAINING

A robust TRX Suspension Training exercise library based on the 7 Foundational Movements.

TRX FUNCTIONAL TRAINING (featuring TRX Functional Training Tools)

High-intensity circuit-based workouts using up to seven modalities, including: TRX Suspension Training, TRX Rip Training, conditioning ropes, kettlebells, medicine balls, slam balls, and plyo boxes.

TRX GROUP TRAINING

Three themed group workout formats (drop-in style) designed to engage members - all levels, all goals. Several progressive editions available in each format.

TRX STRONG

Strength-based Suspension Training workouts designed for groups

TRX FIT

High-intensity interval style Suspension Training workouts designed for groups

TRX YOGA FLOW

Power Yoga using the Suspension Trainer to build resilience, flexibility, and strength

TRX ADVANCED GROUP TRAINING

Get 12-18 unique training sessions that have been carefully structured to progress over four, six, or eight weeks depending on the schedule you choose. Six unique editions to choose from.

// TRX MARKETING

HARD GOODS SHIPPED DIRECTLY:

Banner
42" x 15" Vinyl

Exercise Poster
30" x 42" Vinyl



Poster
30" x 42" Vinyl

Window Cling
7.5" x 7.5"



DIGITAL LIBRARY INCLUDES:

- Image library
- TRX® logos
- TRX® videos
- Priority listing in the TRX® Directory
- Editable flyers & posters
- Social media assets
- Web banners
- Free class cards & postcards

// TRAINING TOOLS

TRX DUO TRAINER

The TRX® Duo Trainer™ marks an evolution in circuit training. Modeled after classic Gymnastics Rings, the Duo Trainer features enhanced ergonomic design, adjustability, and a full-body integrative system. Created in partnership with best-selling author and founder of MobilityWOD, Dr. Kelly Starrett, the TRX Duo Trainer enables athletes of all levels to tap into greater levels of strength, mobility, endurance, and flexibility.

FEATURES

THE BENEFITS OF GYMNASTICS



SAFETY & CONVENIENCE
Infinity Anchors & Loops



MACRO + MICRO ADJUSTABILITY
Infinity Loop & Mobile Grip Adjustment

RINGS, THE ACCESSIBILITY OF TRX



INJURY PREVENTION
Straight handles & proper alignment



TRAINING OPTIONS
Foot Cradles



TRAINING VERSATILITY
Mobile Grips



CIRCUIT TRAINING
A whole new experience



The TRX Duo Trainer was created in partnership with New York Times best-selling author, coach and founder of MobilityWOD, Kelly Starrett, DPT. Starrett teaches coaches and athletes worldwide how to use strength and conditioning movements to predict and resolve inefficiencies that lead to decreased performance and injury.

// TRAINING TOOLS

TRX RIP TRAINER

The TRX® Rip Trainer™ is the perfect tool for blasting calories, increasing cardiovascular endurance and developing rotational core strength that mirrors the way you move in sports and in life.



FEATURES

The TRX® Rip Trainer™ can be attached to any secure anchor point for a challenging full-body workout. The innovative system is designed to create a variable, unbalanced load that enables the development of core strength, explosive power, flexibility and cardio endurance.



Medium resistance cord with protective nylon safety sleeve and industrial-strength carabiner rated for maximum durability.



42 inch-long bar (1.1 m) with commercial-grade rubber handles that disassemble into two pieces for easy portability.



Downloadable instructional video demonstrates 18 different exercises





TRX[®]

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FOR MORE INFORMATION, CONTACT US:

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