

TRX

TRAINING EVOLVED



NO MATTER WHAT YOU ARE TRAINING FOR, TRX™ CAN HELP YOU GET THERE

Today, TRX prepares pro athletes, military units and fitness enthusiasts from Beijing to Brasilia to reach and exceed their goals.

Whether you are trying to break records or just live a healthier lifestyle, TRX can help get you there. Both the TRX Suspension Trainer™ and the TRX Rip™ Trainer offer hundreds of exercises that build power, flexibility, core strength and endurance.



TRX is a preferred training supplier of Liverpool FC



ANDY CARROLL



STEVEN GERRARD



DIRK KUYT

JONJO SHELVEY

Learn more at [TRXtraining.com/football](https://www.trxtraining.com/football)

TWO WAYS TO TRAIN ANYWHERE

TRX™ SUSPENSION TRAINING™

Our flagship training system, the TRX Suspension Trainer™, was developed by a US Navy SEAL to maintain peak physical condition anywhere. It offers hundreds of exercises and can be scaled to any fitness level to deliver a fast and effective total-body workout.

DEVELOPS:

- Mobility
- Strength
- Endurance
- Power
- Core Stability



RIP™ TRAINING

The newest member of the TRX™ family, the Rip Trainer, was developed by a former US Olympic Taekwondo athlete to help develop explosive rotational power and core strength while delivering a high metabolic challenge.

DEVELOPS:

Rotational Power
Balance
Strength
Endurance
Core Stability



Learn more at [TRXtraining.com/shop](https://www.trxtraining.com/shop)

THE NEW TRX FORCE™ KIT: TACTICAL

The new TRX FORCE Kit: Tactical is designed for the demands of military service, yet can be scaled to meet any fitness goal. This kit includes the new 12-week progressive Tactical Conditioning Program, designed to build strength, power, mobility, and core stability making you more

lasting and enhancing your performance whether it's for the battlefield or for life. This kit also comes with the new, evolved Tactical Suspension Trainer, a TRX Door Anchor, a TRX Xtender, and it all fits easily into the new TRX mesh running bag.



Learn more at [TRXforce.com](https://www.trxforce.com)

PROFESSIONAL EDUCATION

To help set you up for success, TRX™ provides comprehensive and innovative education from highly qualified and experienced professionals.

We offer courses all over the world in Suspension Training and in Rip™ Training to ensure you get the support and information you need to thrive.

FOUR COURSES TO CHOOSE FROM

TRX SUSPENSION TRAINING™ COURSE

Learn the fundamentals of TRX Suspension Training bodyweight exercise and how to incorporate this modality into your training.

TRX RIP TRAINING COURSE

This new modality combines elastic resistance and asymmetrical loading to deliver a dynamic, total body workout. This course teaches Rip Training fundamentals, foundational movements and how to apply them to your members' training programs.

TRX SPORTS MEDICINE SUSPENSION TRAINING COURSE (NEW)

Learn how to incorporate TRX Suspension Training bodyweight exercise into the treatment and prevention of physical diseases or disabilities.

TRX GROUP SUSPENSION TRAINING COURSE

Learn how to lead and cue TRX Suspension Training bodyweight exercises for any level of fitness in a small, large, or boot camp-style group setting.



Learn more at [TRXtraining.com/education](https://www.trxtraining.com/education)

MINIMUM INVESTMENT, MAXIMUM FUNCTIONALITY

TRX™ offers a variety of anchoring solutions to accommodate TRX Suspension Training and TRX Rip Training in even the smallest spaces.

TRX TRAINING ZONE

Create a dedicated functional training destination in your fitness facility. The TRX Training Zone can be modified to include monkey bars, TRX Dip Bars, and TRX Hammer Bars. It provides an ideal space for anchoring TRX Suspension Trainers, TRX Rip Trainers, heavy bags and battling ropes.

RIP TRAINING GROUP STATION

This station can accommodate up to ten Rip Trainers and is the ideal anchoring solution for your Rip Training group classes.

RIP TRAINER STAND

The Rip™ Trainer Stand provides convenient access and storage for up to five Rip Trainers.

TRX MULTIMOUNT

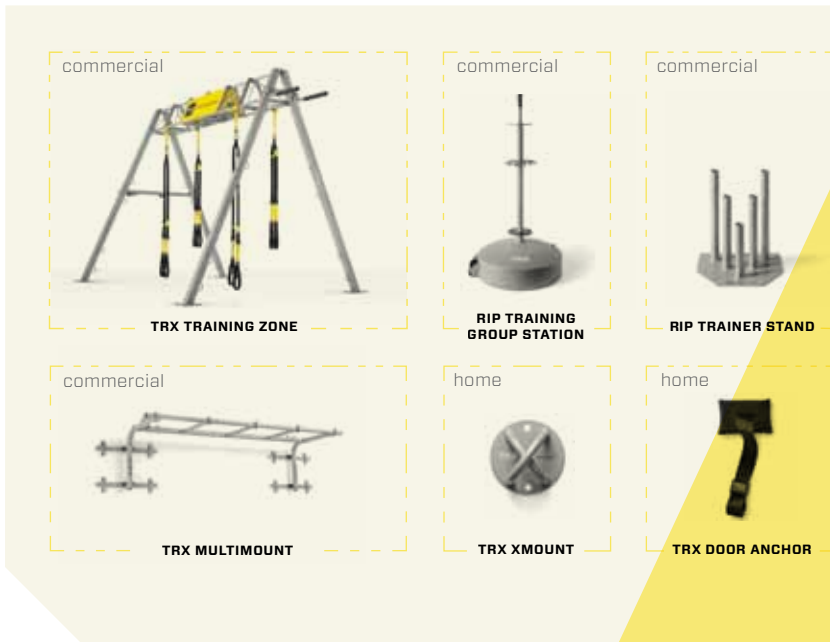
Attaches to any sturdy wall and allows you to offer personal training, as well as small or mid-sized group training.

TRX DOOR ANCHOR

Slip the anchor over the top of any solid wood or metal door and you're ready to train.

TRX XMOUNT

Attaches easily to any vertical stud or secure overhead beam to turn any area into a TRX training space.



“WE FOUND THE PROGRAMS WE RUN IN THE TRX TRAINING ZONE ATTRACTED PEOPLE THAT HADN'T DONE MUCH RESISTANCE TRAINING PREVIOUSLY.”

- Armando Monge
BDM, Overtime Fitness



Learn more at [TRXtraining.com/club](https://www.trxtraining.com/club)

HUNDREDS OF EXERCISES, INFINITE TRAINING POSSIBILITIES

TRX training can be designed to help you achieve any fitness goal, whether you want to get stronger, lose weight, or perform better in a sport. TRX has an extensive catalogue of workouts and programs

to guide you along your journey. Whether you are looking for training posters for your facility, or downloadable training programs for your smart phone, iPad or computer, TRX has you covered.



Learn more at [TRXtraining.com](https://www.trxtraining.com)

THE ORIGINS OF TRX™

In wharf-side warehouses, urban safe houses and submarines, Randy Hetrick and his Navy SEAL teammates needed a way to stay in peak condition while on missions with limited space and no access to fitness equipment.

Using parachute webbing, an old Jiu-jitsu belt and his ingenuity, Hetrick made the first incarnation of today's TRX Suspension Trainer, launching an

entirely new movement in physical training.

TRX has since evolved into a professional-grade training tool, which offers hundreds of exercises and can be scaled to meet any level of fitness.

Today TRX is the preferred choice of hundreds of professional athletes, elite military units and fitness professionals around the world.



MAKE YOUR BODY YOUR MACHINE™

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