

TRX®

HOME SUSPENSION TRAINING® KIT

The TRX HOME Kit combines fitness equipment and workouts so you can get fast, professional results at home.

IDEAL CUSTOMER

Anyone who wants to develop a strong core, defined muscles, and a flexible, healthy body on their own schedule.

ADDITIONAL INFORMATION

The TRX HOME Suspension Trainer is a light weight, highly portable and scalable training system that can be set up anywhere. The HOME Kit comes with six Digital Video Workouts that can easily be accessed on a computer, tablet or mobile device.

PRICE

\$199.95

FEATURES OF THE TRX HOME KIT



Anchoring options for home and outdoors



Modular 15 and 30-minute workouts



Foam handles for superior comfort

CONTACT YOUR REPRESENTATIVE



WHAT'S INCLUDED:



1. TRX HOME Suspension Trainer

Workout anywhere

2. Get Started Guide

Setup instructions to get you started and workout cards to keep you going

3. Six Digital Video Workouts*

Five 15-minute Workouts:

- > TRX Chest & Back
- > TRX Arms & Shoulders
- > TRX Legs & Hips
- > TRX Core
- > TRX Stretch

One 30-minute Workout:

- > TRX Total Body

4. Door Placard

Train safe

5. TRX Wristband

Adult size wristband

6. TRX Suspension Anchor

Set up your TRX HOME Suspension Trainer anywhere

7. TRX Door Anchor

Set up your TRX Suspension Trainer on any sturdy door

8. Mesh Carry Bag

Take your TRX Suspension Trainer with you anywhere

PRODUCT FEATURES:

Weight	1.4 lbs (0.6 Kg) extra light weight for increased portability
Anchoring Options	Door and Suspension Anchor for indoor and outdoor use
Carabiner	Designed to support approximately 6KN= over 1300lbs (580 Kg) of force. Light weight and strong enough for professional use.
Equalizer Loop	Nylon 6 with a self-leveling feature that provides variable feedback on loading
Locking Loop	Industrial polyester with a built-in slip guard providing functional boundaries to range of motion
Adjustment	Barrel Lock adjusters with a revolutionary low profile steel slide mechanism for improved comfort and easy adjustment
Foot Cradles	Neoprene padding for comfort

Handles	Foam grips for superior comfort and increased door protection
Bag	Mesh carry bag, portable and easy to store
Program	5 modular 15 minute workouts + 30 minute total bodyweight workout that you can mix and match to meet your specific goals
Downloadable Material	Workouts and set up videos
Workouts on DVD	No
Mobile App	No
Warranty/Guarantee	1 year warranty (not for commercial use) + 90 days risk-free guarantee or your money back
SKU	TRXHOMEKIT