



TRX[®]

THE TRAINING COMPANY

**What are you
training for?**



Conquer any goal with TRX.

No matter who you are or what you're training for, TRX® Suspension Training® bodyweight exercise can help. Offering 300+ exercises that build power, flexibility, core strength and endurance, TRX Suspension Training is the most versatile total-body workout on the planet. TRX is helping pro athletes, the U.S. Military and fitness buffs from Boston to Beijing to Brasília reach and exceed their training goals.



TRX Training Zone. Small investment. Big potential.

Whether you have large or small groups, the TRX Training Zone offers a unique space for effective and diverse functional training that help attract members and keep them coming back for more. It requires only a small investment, low maintenance, minimal space and no expensive equipment or electricity.

Training and Education. State of the Art.

Nobody delivers fitness education as comprehensive and innovative as TRX. We have a cadre of highly-qualified, professional educators who deliver CEC approved Suspension Training Courses all over the world. Attendees learn the exercises, how to develop personal training programs or group classes using the TRX Suspension Trainer, how to cue and adjust TRX exercises for all fitness levels and all the science behind what makes TRX Suspension Training an effective total body training solution.



And when the class is over, the education continues online at TRX TV (trxtraining.com/trxtv) - a free, ongoing video channel that serves up fresh tips, new moves and scientific insights.



Hundreds of exercises. Infinite programming possibilities.

With literally hundreds of different exercises, progressions and combinations, there's practically no end to the ways in which they can be programmed to help people achieve their individual goals. In addition to the dozens of workout DVDs, downloads, and bundles available, TRX also offers a progressive 6-8 week "boot-camp" style training called TRX TEAM Training Camp that bridges the gap between personal training and group exercise. TRX TEAM gets more members into your fee-based programs, delivers real results and keeps them coming back.





Welcome to the TRX family. **Introducing the TRX Rip™ Trainer.**

The TRX® Rip Trainer is a full body training system that provides efficient, high metabolic workouts that challenge core and stabilizer muscles with variable resistance for all fitness levels. Rip Training complements Suspension Training® by emphasizing rotational power and high velocity movements and like the TRX Suspension Trainer™, can be used anywhere.



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 jujitsu belt and his ingenuity, Randy made the first incarnation of today's TRX® Suspension Trainer™, thus generating the beginning of an entirely new movement in physical training.


After leaving the SEALs to get his MBA, Randy refined the TRX Suspension Trainer into a professional-grade training tool and developed an effective training system of hundreds of exercises that can be modified for any fitness goal and for any level of user.

Today, TRX has taken the success of Suspension Training and extended into other forms of training the body that all map back to building real, functional training, endurance, mobility and power in order to help people reach their fitness goals.

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**At TRX, we stand for
Movement.** We stand
for the part of you that
leaps over excuses,
sidesteps injuries,
adapts to obstacles
and barrels full speed
towards your goal.

TRX

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TRX® Suspension Training® Pro Pack

The complete total-body training system for efficient, high-quality workouts anywhere.

- Industrial-grade construction
- Weighs less than 2 lbs.
- Attaches in seconds to any secure anchor point
- 65 minute TRX® Basic Training DVD including a 40 min real-time workout
- 35 page TRX Quickstart & Workout Guide with 36 exercise progressions and training tips

Check out the latest in our store at [TRXtraining.com/shop](https://www.trxtraining.com/shop)



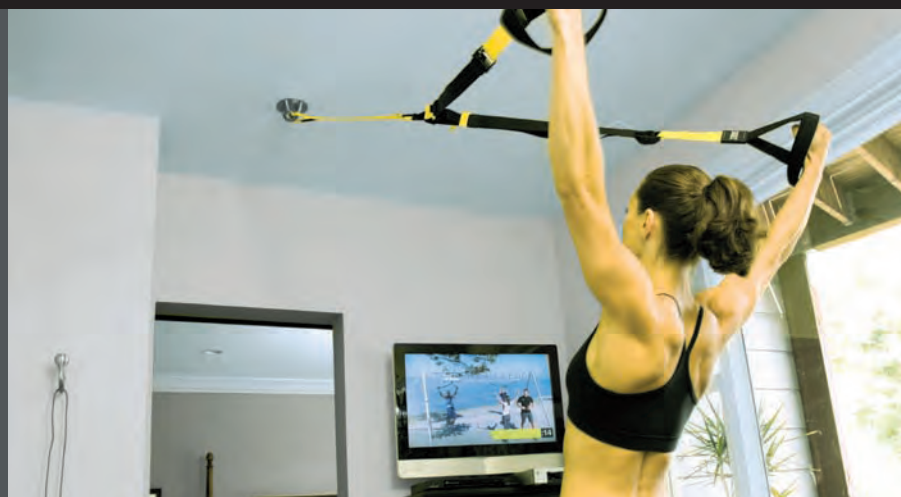
TRX® Door Anchor™

- Ideal for use at home or on the road
- Durable and compact for easy portability



TRX® Xmount™

- Bolts to walls, vertical studs or overhead beams
- Supports up to two users



* XMount and Door Anchor sold separately. For commercial anchoring options, see TRX Training Zone.

Training DVDs & Posters

Workouts for all fitness levels - young, old, athletic, deconditioned and everything in between.



Check out the latest in our store at TRXtraining.com/shop



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Introducing **TRX® Rip™ Training**

The TRX Rip Trainer complements Suspension Training® bodyweight exercise by offering a total body workout emphasizing rotational power and high velocity movements.

Benefits:

- Challenges core and stabilizer muscles for better balance and rotational power
- Increases metabolic activity
- Offers variable resistance for all fitness levels
- Provides an efficient full-body workout
- Delivers hundreds of sport-specific exercises

Visit: [TRXtraining.com/Rip](https://www.trxtraining.com/Rip) to learn more



TRX® Rip™ Training Products



TRX Rip™ Training

- Collapsible design for complete portability
- High grade steel construction, weighs less than 5lbs.
- Attaches in seconds to any secure anchor point

TRX Rip Training Basic Kit includes:

- TRX Rip Trainer
- Medium resistance cord with protective nylon cover
- Foam door anchor
- Nylon carrying bag
- Basic Training DVD
- Full color reference guide

TRX Rip Training Group Station*

The perfect anchoring solution for group training

- Made of high-grade steel
- Accommodates up to 10 users indoors or outdoors

TRX Rip Trainer Stand* (Not Shown)

- Offers a convenient storage solution for up to five Rip Trainers.

*Contact your Account Representative for commercial pricing at **888-878-5348** or **sales@trxtraining.com**

TRX® R₄: Rollout. Revenue. Retention. Results.



TRX R₄ delivers:



TRX R₄ is the comprehensive, profit-generating club solution for delivering the fee-based TRX® TEAM™ training program.



TRX TEAM is a specialized, multi-week “Boot Camp” style training program that increases strength and core stability while delivering maximum results.

TRX R₄ is a total club solution that includes:

- Customized TRX Commercial Anchoring
- 6 weeks of progressive, results-driven programming
- 4 days of on-site staff training and orientation
- TRX TEAM® Coach & Rollout Playbooks
- Extensive marketing and promotional support
- Dedicated long-term staff and trainer support

Learn how to get your club in shape and drive revenue with TRX R₄ at TRXtraining.com/R4

Contact your TRX Account Representative for pricing and program details at **888-878-5348** or R4@trxtraining.com



**POWER
STRENGTH
ENDURANCE
CORE
GAME CHANGER**

Join **TRX**
TEAM Training

Join **TRX**
TEAM Training Camp
today.



**DO YOU
HAVE
WHAT IT
TAKES?**



TRX® Professional Education

Learn new functional training techniques to deliver more value to your clients.

- Learn to adapt TRX Suspension Training to any fitness level
- Differentiate yourself from others and increase your marketability
- Discover cutting-edge functional training principles
- Earn CECs
- Perform hundreds of exercises
- Learn from world-class educators

Once you complete a course, you are eligible for a free listing in the **TRX Directory** - the online resource clients use to find qualified TRX trainers.





Three Courses To Choose From



TRX® Suspension Training® Course

This course teaches the fundamentals of TRX® Suspension Training® bodyweight exercise and how to incorporate it into your training and client programs. *



TRX Group Suspension Training Course

Along with basic TRX fundamentals, this course teaches how to lead and cue TRX® Suspension Training® bodyweight exercise in a small, large, or boot camp-style group exercise formats for all fitness levels. *



TRX Sports Medicine Suspension Training Course (New!)

This course teaches how to incorporate TRX Suspension Training bodyweight exercise into the treatment and prevention of musculoskeletal diseases or disabilities. *

View upcoming courses at [TRXtraining.com/education](https://www.trxtraining.com/education)

*Exclusive Courses Available



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TRX® TRAINING ZONE

Create the ultimate group functional training solution for your facility.

- A fully customized, multi-faceted functional training space
- Minimum investment, maximum functionality
- Combines upgraded anchoring and new gear to support training tools such as heavy bags, **all new TRX Rip™ Trainers** and more

TRXtraining.com/trxtrainingzone





TRX S-Frame™

A modular, free-standing anchor system designed for medium to large group training.

- Commercial grade steel construction
- Available in 2 different models: Standard (8' 3" tall) or Elevated (with monkey bars 9' tall)
- Offered in 10, 20, and 30 foot configurations
- Accommodates up to 22 people
- For indoor or outdoor use
- Supports training tools such as heavy bags, the **all new TRX Rip Trainers** and more

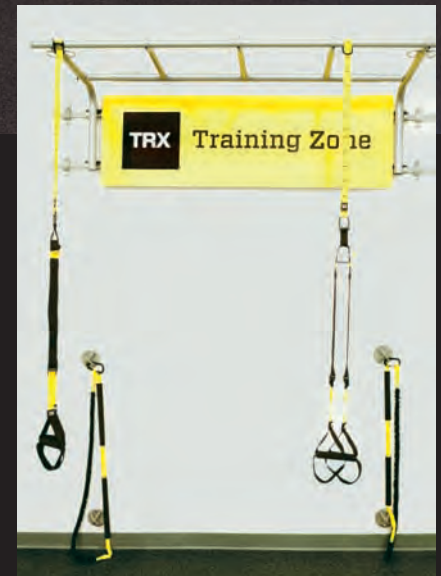
Optional accessories available: **TRX Dip Bar**, **TRX Hammer Bar**, and **TRX Castors** (for easy transportability)

TRX MultiMount™

Provides individual, small and mid-size group training without taking up much space.

- Commercial grade steel construction.
- Available in 7, 14 and 21 foot configurations
- Accommodates up to 16 people.
- Supports heavy bags and hanging exercises
- Offers fitness ball storage

Optional accessory available: Monkey bar attachment



Contact your Account Representative for commercial pricing at: **888-878-5348** or **sales@trxtraining.com**
Leasing and financing options are available.



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TRX® For Sports Medicine

TRX® Suspension Training® bodyweight exercise is the anyone, anywhere rehab solution to help get your patients moving again.

- Rehabilitates musculoskeletal injuries
- Activates core muscles with less joint loading than traditional training
- Reduces the risk of injury by spreading training stresses more evenly across the body
- Prevents injury through proprioceptive and neuromuscular training
- Differentiates your practice with this new, innovative approach



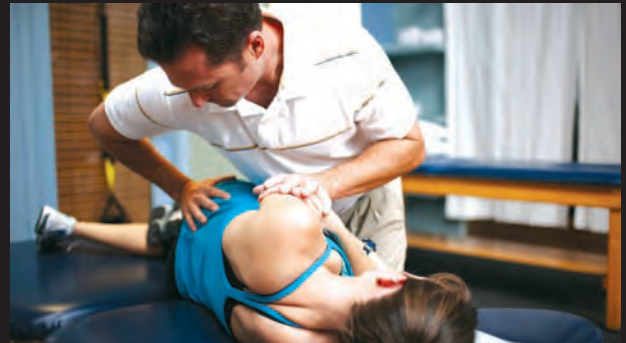
Visit [TRXtraining.com/sportsmedicine](https://www.trxtraining.com/sportsmedicine) to download our white paper.

TRX® Sports Medicine Suspension Training® Course



Sign-up for the new TRX Sports Medicine course and re-define your practice. This 8-hour course utilizes case scenarios of common injuries to demonstrate a therapeutic exercise program designed for the rehabilitation or prevention of musculoskeletal injuries.

Visit [TRXtraining.com/sportsmedicine](https://www.trxtraining.com/sportsmedicine) to find a TRX Sports Medicine Suspension Training course in your area.



Visit [TRXtraining.com/sportsmedicine](https://www.trxtraining.com/sportsmedicine)

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Stay hooked into what's going on in the world of TRX® Training



Join and gain instant access to the latest TRX training tips, insights and workouts. Stay abreast of all of the new developments, ask questions, get answers and share ideas.

- **TRX Forums:** Populated with experts who can help you with programming, exercise progressions and even marketing your training business.
- **TRX TV:** A mobile-ready, ongoing video show offering a steady stream of fresh tips, exercises and 30 min. real-time workouts.
- **The TRX Blog:** Offers new moves, training tips, stories and ideas about how to apply TRX Training to your world.
- **Facebook, Twitter & YouTube:** Great ways to stay in touch with the world of TRX.
- **TRX Directory:** Search worldwide for TRX Trainers and facilities that offer TRX Training programs.

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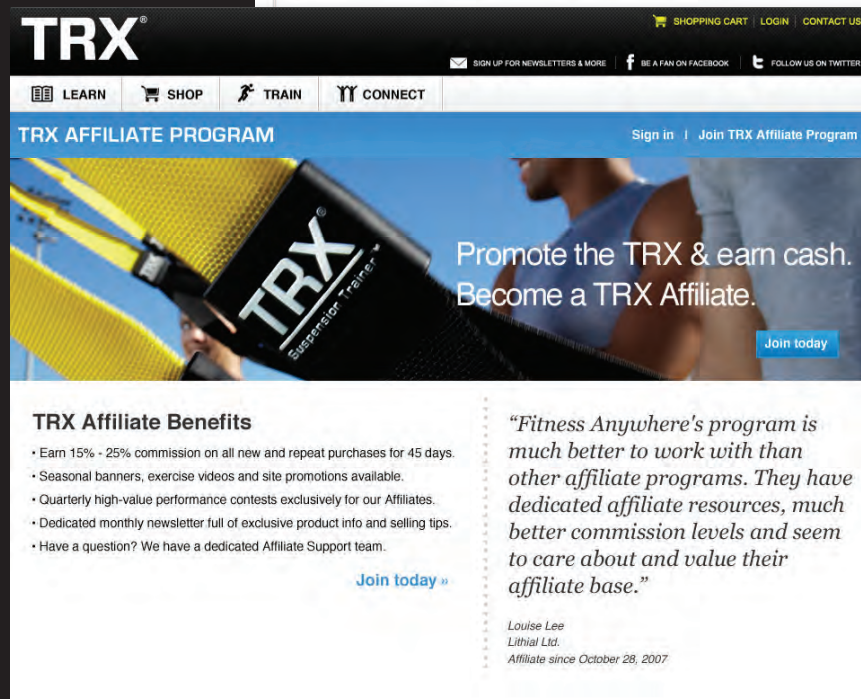
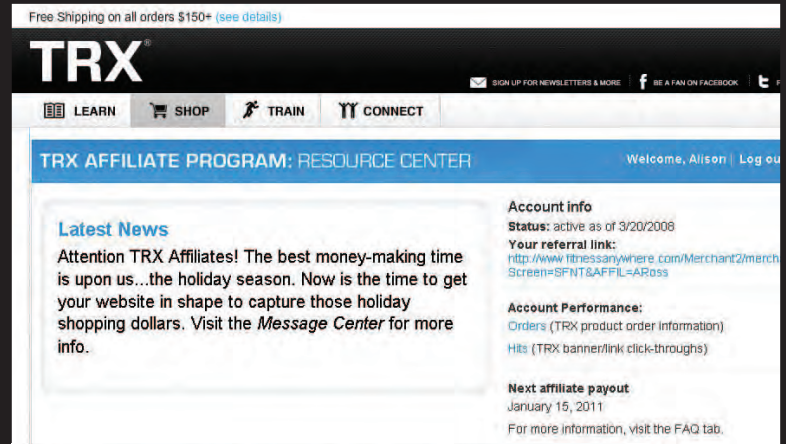


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Promote TRX® & Earn Cash

Earn 15% commission on all new and repeat purchases for 45 days.

- Banner ads, exercise videos and site promotions available in our Affiliate Resource Center
- Quarterly contests exclusively for our Affiliates
- Monthly newsletter packed full of new product info and selling tips to help you boost profits
- A knowledgeable, dedicated and responsive Affiliate support team





Revolutionize your Boot Camp program with TRX Training equipment that delivers total body workouts, anywhere you train.

- Perform hundreds of strength, core and flexibility exercises anywhere
- Train all fitness levels at the same time
- Transport and store multiple TRX® Suspension Trainers™ and TRX Rip™ Trainers easily
- Set up anywhere in seconds to fences, trees, poles and more
- Attract and motivate clients with fun, dynamic workouts

Visit TRXtraining.com/bootcamp to learn more.



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The TRX TEAM program as part of the TRX R₄ solution has brought a whole new dimension to our clubs. It offered even more value than we expected with fully supported training, programming and marketing support. I would recommend any Personal Training department or club to look into the TRX R₄ solution as it will add more to a facility, than any other training program. Overall, the bar has been raised at our company and we are thrilled with the program."

- Carrie Sattler,
General Manager
Yakima Athletic Club

"This truly is the future of bodyweight training - and in my opinion may be the future of energy system training. If you are a trainer, own a gym, rent space in a gym, are a martial artist, run a studio, or just train at home or in your garage."

- Alwyn Cosgrove,
Strength and Conditioning Coach
Owner Results Fitness

"TRX is incredible. Over the last 20 years, I have tried just about every fitness device that has come on the market. When you consider price, training options, indoor or outdoor use, core conditioning, and fun, nothing even comes close."

-Dr. John Spencer Ellis
CEO, National Exercise &
Sports Trainers Association

Visit TRXtraining.com

