

# TRX Suspension Training Pro Pack

Sku: 491PKG

**NEW!** TRX® Suspension Training® Pro Pack

TRX Suspension Training is a workout that simultaneously builds strength, balance, flexibility and core stability by leveraging gravity and the user's body weight when exercising.

Developed by former elite Navy SEAL Randy Hetrick, the TRX Suspension Trainer allows muscles to work in groups, providing a more comprehensive and beneficial resistance workout.

The TRX Suspension Trainer is used and trusted by trainers, coaches, athletes, physical therapists, and all branches of the military. **It is extremely portable, meaning you can train virtually anywhere, anytime.** It can be anchored, using the yellow strap, to any object that can support bodyweight, such as a pull-up bar or the horizontal bar on a squat rack.

## The Pro Pack includes:

- 65-minute *Basic Training* DVD which provides a detailed introduction to Suspension Training bodyweight exercises.
- *Quick-start & Workout Guide*, a 36-page spiral-bound, full-color guide that includes safety guidelines, TRX set up and anchoring guidelines, exercise photos and training tips.
- Two in-box bonus workouts - *TRX Endurance Circuit* and *TRX Metabolic Blast*, both designed to provide additional fitness challenges.
- Durable, black netting TRX Suspension Training carrying case with secure pull-cord closure.

