Total Body Resistance eXercise

TRX

Description – resistance training that includes bodyweight exercises.

They are done with the aim of developing strength, balance, flexibility and joint stability all at the same time. It develops your physical strength using functional movements and dynamic positions.

History - A former Navy seal Randy Hetrick, developed this in the early 1990’s. It has been on the market since 2005. There are other similar strap systems in existence.

Adjusting the Strap Lengths – 4 Lengths There are 4 lengths most commonly used when working with the Suspension Trainer™

**Short (S)** – Used mostly for exercises targeting the Back (ex. Rows)

**Long (L)** – Shown here. Used almost exclusively for Chest training (ie.ex Chest Press)

**Mid Length (M)** – Used for most other standing exercises (i.e. Triceps Press)

**Mid Calf (MC)**- Used for almost all ground exercises (i.e. Plank)

**Shortening the Straps**- Hold one strap, depress the cam buckle (black buckle) toward you with your thumb and pull up on the adjustment tab (yellow) with your other hand to your desired position. Repeat on the other side, making sure they are even.

**Lengthening the Straps**- Holding both straps, simultaneously depress both cam buckles and pull down away from anchor point.

**Adjusting for Specific Lengths**

 1. **Short (S):** Shown here. Fully shorten straps by positioning adjustment tabs to highest point, at top of Suspension Trainer.

 2. **Long** **(L):**Fully lengthen, so bottom of each foot cradle is about 3 inches from the ground.

 3. **Mid Length (M):**Adjust the straps so the adjustment tabs are at the mid length marks the stitching on the back of the straps.

 4. **Mid Calf (MC):**Adjust the straps so the handle falls at knee height and the foot cradle rests at mid calf, approximately 8-12 inches from the ground.

Body Positions – 6 Positions There are 6 body positions, relative to the anchor point, used when working with the TRX Suspension Trainer.

**Standing**

1. **Facing** – Facing anchor point
2. **Facing Away** – Facing away from anchor point
3. **Sideways** – Sideways to anchor point

**Ground**

1. **Facing Floor** – Prone, facing floor with toes in foot cradles
2. **Facing Up** – Supine, facing up with heels in foot cradles
3. **Side Lying** – Lying sideways, with feet in foot cradles.

TRX execution

**N**ame the exercise – ex. Bicep curl

**A**djustment – TRX adjustment (length, mid etc.)

**P**osition – Where your body is in relation to the anchor point. (SF – stand facing)

**S**tart – starting posture/ body alignment, elbows at ears (where do I end)

**M**ovement – movement from starting position (where am I going).

**R**eturn – go back to start position

Fundamental movements

1. Plank
2. Pull
3. Hinge
4. Rotate
5. Push
6. Squat
7. lung