

The TRX System



The entire line of TRX products and Fitness Guides represent a breakthrough in athletic conditioning. The patented design of the TRX takes bodyweight training to a new level by enabling unlimited degrees of resistance and a growing library of hundreds of exercises.

TRX System Professional



Designed for the high-use demands of health clubs and fitness professionals. New features include: Improved handles with integrated leg shaper Easier to adjust straps TRX-Pro Suspension Trainer : The most versatile functional training tool available anywhere. Features include: industrial-quality construction, easy-adjust CAM buckles, club-grade grips with integrated foot cradles for ground-based training. TRX Instructional Materials: The TRX System comes with a splash-proof fitness guide and instructional DVD. TRX Suspension Anchor . TRX easily attaches to any secure structure such as a weight rack, post or beam. Attach to a wall or door using optional anchoring attachments (sold separately). CONSTRUCTION Every aspect of the TRX System Professional's design and construction is best-in-class. It has been field tested and can be used with confidence year after year: 1 ½" industrial-grade nylon webbing. Rated tensile strength to 1,500 lbs. Sewn with heavy-gauge nylon thread; double-stitched for strength and durability Adjustable non-slip CAM buckles rated to 1,250 lbs. each Club-grade grips and integrated foot cradles with neoprene padding for comfort and traction Sturdy carabiner with locking tooth to ensure safe training for the most advanced users System adjusts from 6' to 12' in length to accommodate users of all sizes and abilities Weight 1.79 lbs.

The TRX Force Training Kit is a revolutionary bodyweight training system and military fitness program that was developed in the field to achieve and maintain the highest level of physical conditioning—strength, agility and endurance. Whatever your current level of fitness, the TRX Force Training Kit will get you in top form.

This Kit includes the following: TRX-Pro Suspension Trainer, with integrated foot cradles for ground-based training, a splash-proof fitness guide and instructional DVD, TRX Suspension Anchor, TRX Door Anchor, and Military Fitness Guide. This guide is a 12 week integrated strength and cardio program specifically designed to get soldiers and hardcore athletes into peak physical condition. Following this program is guaranteed to dramatically improve your strength, endurance and agility. It is all packaged nicely into the TRX Storage Bag.

TRX: Force Training Kit

