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Origins of the TRX & Suspension Training®

Born in the Navy SEALs

In wharf side warehouses, urban safe-houses, on ships and submarines, Randy Hetrick, founder of Fitness Anywhere, and his Navy SEAL teammates needed a way to stay in peak condition. But the circumstances of these missions often found the SEALs without traditional fitness equipment and with very limited training space.

The TRX Suspension Trainer evolved as an answer. The TRX started as a few lengths of parachute webbing hand-stitched together with rubber boat repair tools. In the weeks and months following the creation of the TRX, Hetrick and his SEAL teammates rapidly developed a growing array of body weight exercises specifically designed for this unique training harness. In short order, Hetrick and his teammates had laid the foundations upon which an entirely new and original category of functional exercise would emerge: Suspension Training.

A new way to train

Suspension Training gives participants an edge over a pure protocol of conventional strength training. Why? Because every Suspension Training exercise builds truly functional strength and improves flexibility, balance and core stability all at once, as is required on the playing fields of sport and in life.

The positive early reception by special operations commandos and elite-level athletes to Suspension Training inspired the creation of Fitness Anywhere as a company. Today we offer innovative, body-weight-based training equipment and specified exercise programs that focus on the human body as an integrated system.

From the battle field to the training room

Now, just a few years later, Suspension Training is becoming the functional training system of choice for elite units in every branch of the Armed Forces. The TRX's effectiveness and versatility as the ultimate Suspension Training tool have pushed it far beyond the realm of the battlefield and into the training rooms of teams in every major professional sport including the National Football League, National Basketball Association, National Hockey League and Major League Baseball. Suspension Training has quickly become a cornerstone of the training programs of hundreds of professional athletes in football, baseball, basketball, hockey, combat sports, triathlon, golf, tennis, skiing and snowboarding, swimming, surfing, motocross and virtually every other athletic endeavor imaginable. Dozens of NCAA and high school athletic programs across the nation have turned to the TRX as a mainstay of their strength and conditioning routines for all teams on their athletic rosters.

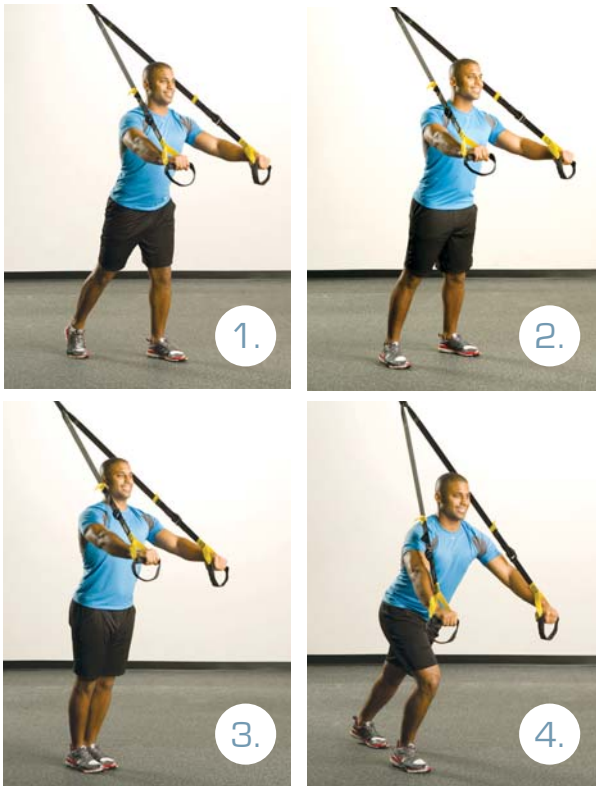
Benefits for people of every training level

The benefits of Suspension Training are not just applicable to the performance elites; they are relevant for everyone who seeks a method to safely and rapidly improve their fitness. Early on, personal trainers quickly embraced Suspension Training, and TRX Group Training classes are beginning to thrive at health clubs across the country. Top celebrity trainers are incorporating Suspension Training into the routines of their Hollywood A-listers with spectacular results. Senior wellness programs have turned to the TRX as a solution because it enables seniors to move freely without fear of falling. Physical therapists are using the TRX to rehabilitate patients in hospital wellness centers, sports medicine clinics and chiropractic offices. Clinical trials are currently underway to distill the best-practice treatment protocols for a variety of common orthopedic maladies and sport-related injuries.

Our library of hundreds of exercises makes Suspension Training a versatile and effective training solution, regardless of the age, gender or fitness level of the user-and the TRX can be used almost anywhere. All of our exercises can be modified to build personalized training programs. The classroom lessons and extensive practical application provided in the TRX Suspension Trainer Course (STC) along with the reference material in this STC User's Guide enable health and fitness professionals like you to customize appropriate programs for a wide variety of clients.

Method to progress standing exercises (continued)

TRX Chest Press progression



Stand, facing away from the anchor point, feet together and tension on the TRX.

1. Step back with one foot into an offset foot position, and lean forward to load weight onto the TRX while maintaining body alignment. This is the starting point. The length of the rear-ward step determines your body angle and sets the initial resistance. We recommend a smaller step and shallower body angle for beginners.

2. To increase resistance with more stability bring the forward foot back into a wide stance position. The body angle is in a deeper position and wide feet provide good stability.

3. To decrease stability at the same body angle (resistance) bring the feet close together. Now the center of gravity rests on a smaller base of support and active core control is required to maintain stability. (For advanced users stability can be challenged even more by progressing to a single leg stance.)

4. To further resistance take a step back to increase the body angle in a steep offset position.

To continue to increase difficulty in the TRX Chest Press you repeat steps 1 through 4 until the appropriate intensity is established. To systematically reduce difficulty you perform the steps in reverse order.

TRX Adjustment Lengths

S Shorten the TRX fully so the adjustment tabs are at the top of the main strap.

M Extend the TRX to mid-length so the adjustment tabs are halfway up the main strap.

L Fully extend the TRX for some standing exercises. For ground-based exercises lengthen the TRX so the bottom of the foot cradles are 8”-12” above the ground.

NOTES