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TRX SUSPENSION TRAINING COURSE

Course Content:

- The set up and basic use of TRX Suspension Trainer.
- How to perform a variety of Suspension Training exercises.
- How to progress and regress exercises for all fitness levels using TRX.
- How to adjust resistance and stability for all TRX exercises.
- Effective and scalable cueing for TRX personal and group session.

What You Get:

- TRX exclusive tshirt.
- TRX Suspension Training Course Manual Book.
- Certificate upon exam completion.



Trx Sports Suspension Training Course Manual

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