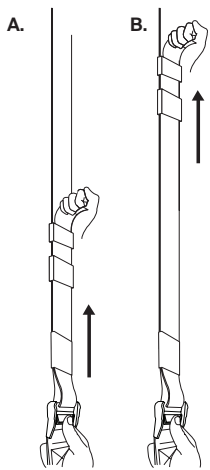


SIX PROCEDURES (6)

Teaching your Athletes to master the six procedures on the TRX Suspension Trainer will contribute to the success of every workout. Make sure you demonstrate and explain each of the following procedures as this is vital to maintaining exercise flow and managing your Athletes.

1 ADJUSTING THE LENGTH OF THE TRX SUSPENSION TRAINER

The TRX Suspension Trainer is lengthened or shortened to enable a wide variety of exercises and accommodate all ranges of motion.

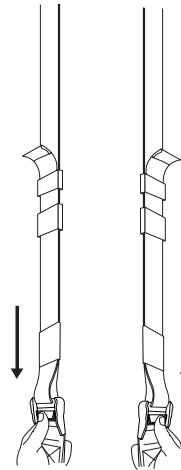


TO SHORTEN THE TRX SUSPENSION TRAINER:

A. Hold one strap of the TRX Suspension Trainer. Depress the D-Ring with your thumb and grasp the yellow adjustment tab with the other hand.

B. Simultaneously draw backward on the D-Ring and push the adjustment tab up along the strap (just as if using a bow and arrow).

Repeat on the other side.



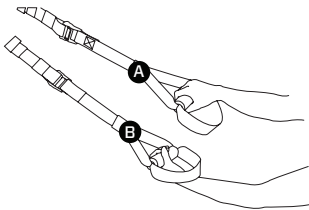
TO LENGTHEN THE TRX SUSPENSION TRAINER:

Simultaneously depress both D-Rings and pull downward, away from anchor point.

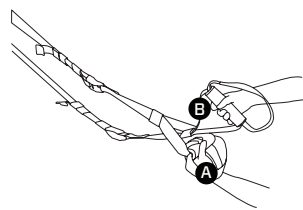
TIP: Always make sure the straps are not twisted before adjusting. This will avoid having a twisted strap pull through the D-Ring.

2 SINGLE HANDLE MODE (SHM)

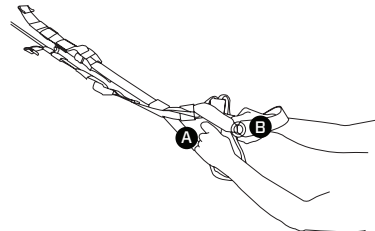
Your Athletes must be able to properly configure the TRX Suspension Trainer into SHM for most unilateral exercises and rotational movements. The ability to perform single sided and rotational movements is one of the unique features of TRX Suspension Training bodyweight exercise. Knowing and practicing how to properly configure SHM will ensure a safe and effective workout. Always perform a test-load before beginning exercise.



1. Hold handle A on top of handle B

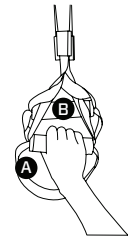


2. Pass handle B through the triangle-shaped webbing of handle A. Switch hands



3. Repeat by passing handle A through the triangle-shaped webbing of handle B

B. Switch hands

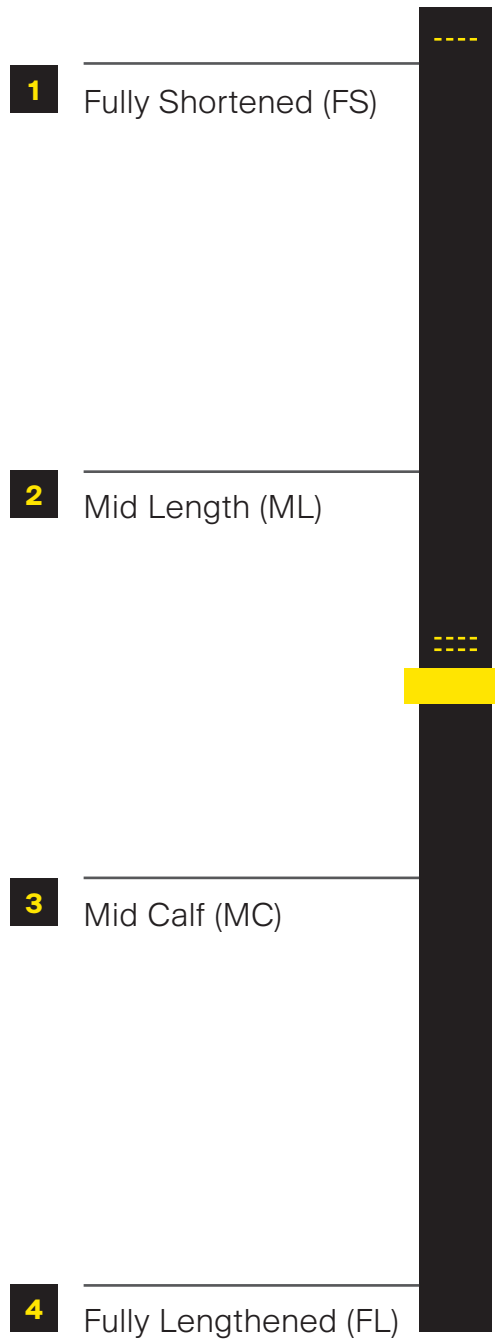


4. Pull handle A toward you to lock. When properly configured, the handles should look like this

WARNING: Improperly configuring the TRX Suspension Trainer into single handle mode could result in slippage or even a fall. So be sure you understand the directions and have practiced this procedure several times before test-loading the TRX Suspension Trainer with your bodyweight. Always perform a test-load before beginning exercise.

PROCEDURES: LENGTH ADJUSTMENTS

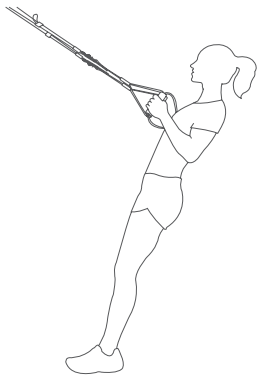
Length adjustment of the TRX® Suspension Trainer™ for the following exercises:



SIX BODY POSITIONS

The reference point for the six body positions is the anchor point.

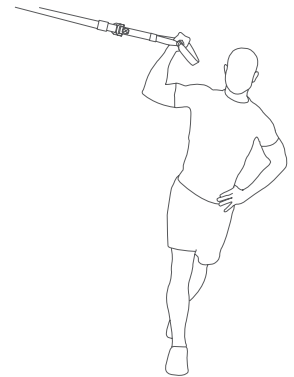
There are Three Basic Standing Positions



1 Stand Facing (SF)
the anchor point

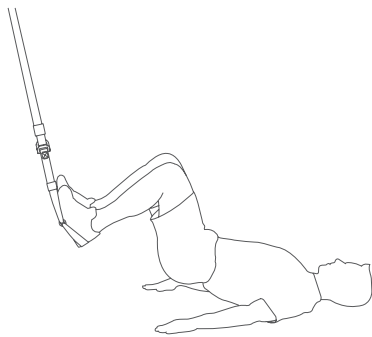


2 Ground Facing Away (SFA)
the anchor point

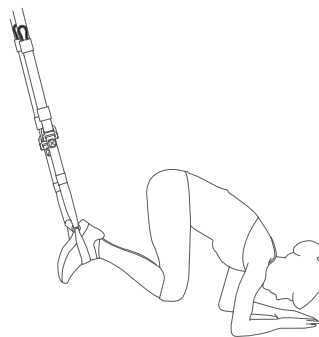


3 Stand Sideways (SSW)
from the anchor point

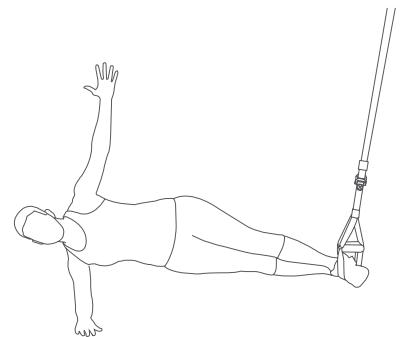
There are Three Basic Ground Positions



4 Ground Facing (GF)
from the anchor point



5 Ground Facing Away (GFA)
to the anchor point

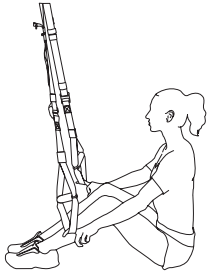


6 Ground Sideways (GSW)
to the anchor point

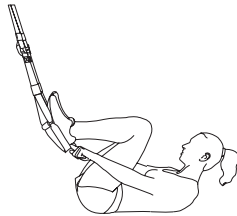
3 HEELS IN

This procedure is used for most ground facing (GF) exercises. Make sure everyone knows how to get their heels in and out of the foot cradles quickly to ensure smooth transitions between exercises.

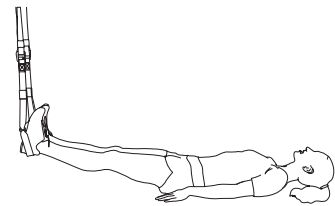
Adjust the Suspension Trainer so the bottom of each foot cradle is at mid calf length or about eight to 12 inches off the ground.



1. Sit facing the TRX Suspension Trainer with the bottom of the foot cradles hanging eight to 12 inches above the ground. Your knees should be about one foot from the foot cradles. Hold each foot cradle in place with your index and middle fingers.



2. Roll onto your back, bringing both knees into your chest, and place both heels into the foot cradles simultaneously. Ensure your heels are fully supported by the foot cradles.

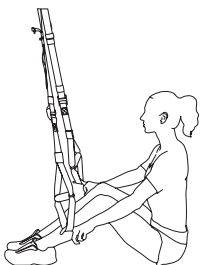


3. Straighten your legs and prepare for the supine leg exercises. As an alternative technique, you can also perform the supine exercises with your toes through the foot cradles and weight resting on the arches of the feet. Experiment to see which way you prefer.

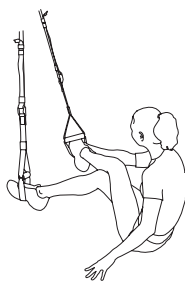
4 TOES IN

This procedure is used for many ground facing away (GFA) and ground sideways (GSW) exercises. Make sure everyone knows how to get their toes in and out of the foot cradles to encourage smooth exercise transitions.

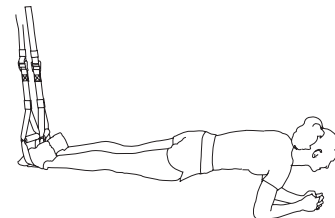
Adjust the TRX Suspension Trainer so the bottom of each foot cradle is at mid calf length or about eight to 12 inches off the ground.



1. Sit facing the TRX Suspension Trainer with the bottom of the foot cradles hanging eight to 12 inches above the ground. Your knees should be about one foot from the foot cradles.



2. Shift your weight to the right hip. With your right foot in the left foot cradle, cross your left foot over the right and place it into the right foot cradle. Point your toes.



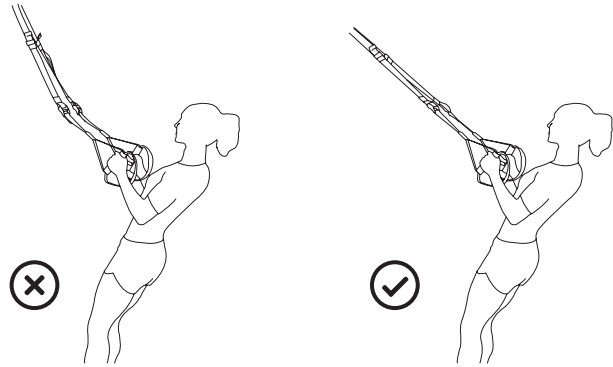
3. Roll your body over to the right into a plank position, allowing the feet to rotate inside the foot cradles. Your upper body is supported by your forearms or your hands in a push-up position. Rest by placing your knees on the ground and assuming a position on all fours.

5 EVEN PRESSURE

Applying even pressure into the handles or foot cradles of the TRX Suspension Trainer prevents sawing and also encourages core stability.

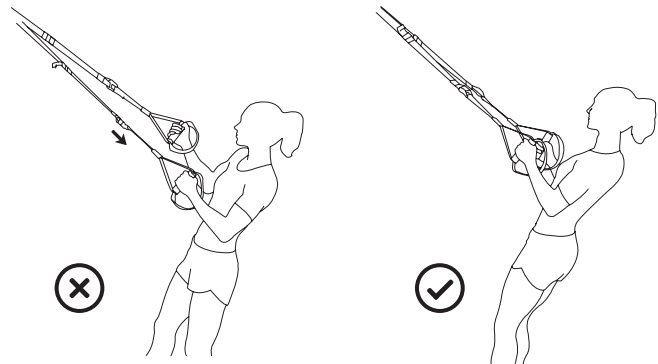
KEEP STRAPS TIGHT

The straps should never hang loose while performing an exercise. Remember to apply an even amount of pressure throughout the entire movement.



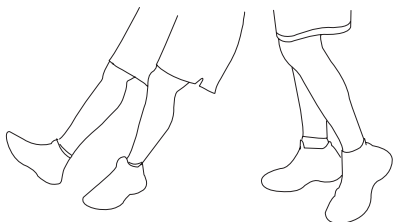
NO SAWING

The straps are NOT a pulley. Avoid sawing motions with the handles to prevent premature wear to the TRX Suspension Anchor™. Keep equal pressure on the handles throughout all movements.

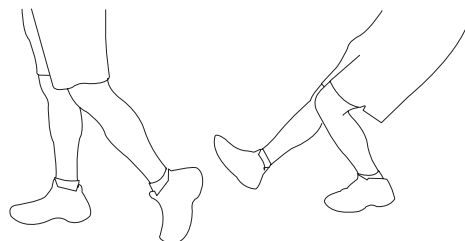


6 OFFSET FOOT POSITION

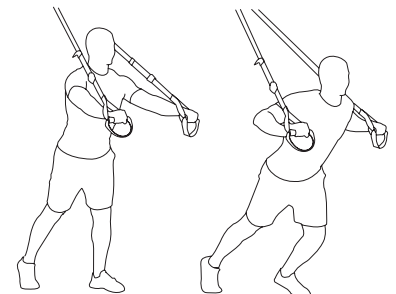
This procedure is often difficult for new and even more experienced TRX Suspension Trainer users to master. Be sure to pay close attention to how well your Athletes learns and practices the offset foot position. This technique allows you to unload an upper body movement (i.e. TRX Chest Press and the shoulder series) into the lower body and to maintain even tension throughout the full range of motion.



The position of the forward foot influences the difficulty and the range of motion at the top of the exercise while the position of the back foot determines the difficulty at the bottom of the movement.



A longer offset distance (feet placed further apart) generally provides more support while a shorter offset distance reduces support and is appropriate for more advanced users.



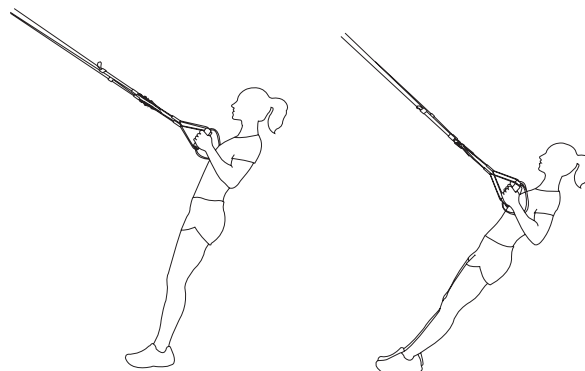
Experiment with foot placement until you find the optimal range of movement and resistance level.

THREE PRINCIPLES OF PROGRESSION (3)

The three principles of progression will allow you to modify intensity for any exercise on the TRX Suspension Trainer.

1 CHANGE BODY ANGLE TO ADJUST RESISTANCE : VECTOR RESISTANCE PRINCIPLE

When standing straight up with your base of support directly beneath your center of gravity (shallowest body angle), your legs support 100% of your bodyweight. As your body angle steepens (as in a TRX Chest Press or Row), your center of gravity moves outside your base of support and weight transitions onto the TRX Suspension Trainer, which adds resistance to the exercise. The steeper your body angle, the greater the resistance for the exercise.



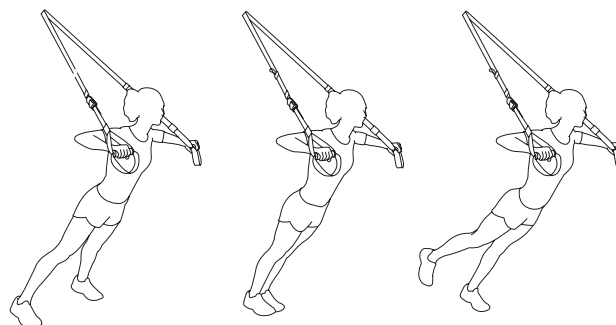
2 CHANGE BASE OF SUPPORT TO ADJUST STABILITY : STABILITY PRINCIPLE™

STANDING POSITIONS

Decreasing your base of support (for example, bringing feet together or just standing on one leg) challenges your ability to stabilize and requires more core engagement. The farther your COG moves outside its base of support, the less stable you become, and the more your body wants to tip over or rotate. These tipping/ rotational forces must be countered by force in order to stabilize your body position.

When your COG is positioned within your base of support (broadly supported between your feet or between your hands), the stability of your body position is increased.

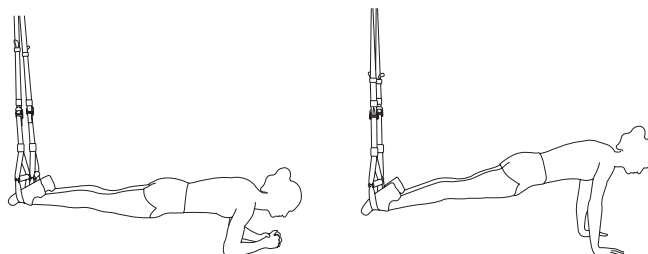
As your base of support becomes smaller with a more narrow stance, lateral stability decreases and greater demands are put on your core to control an exercise.



TIP: When standing on one leg, try different positions with your free leg for additional stability challenges.

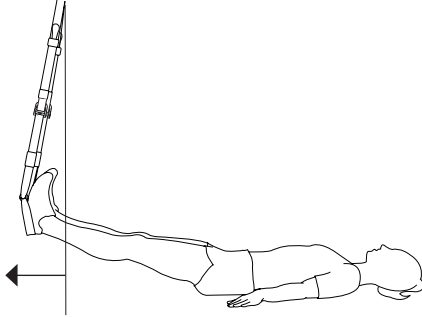
PRONE AND SUPINE POSITIONS

Stability decreases as the COG gets vertically (taller) farther away from the base of support. This is why the TRX Plank is more challenging when performed from the hands versus the forearms. Performing plank position exercises from the elbow position is more stable and requires less upper body strength and less core strength.

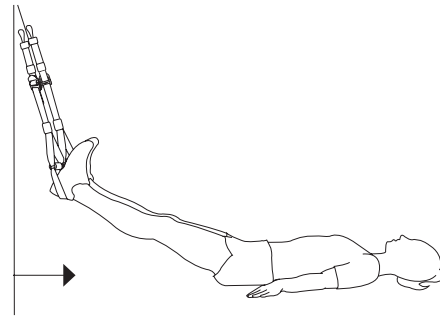


3 CHANGE STARTING POSITION TO ADJUST RESISTANCE : PENDULUM PRINCIPLE

The TRX Suspension Trainer naturally hangs straight down in a neutral position beneath its anchor point. You can assist or resist an exercise by changing the starting position relative to the neutral position.



1. Moving your starting position to the far side of neutral will cause gravity to swing the TRX Suspension Trainer in the direction of your movement. This makes the exercise easier to perform with less resistance.



2. Positioning your body so that your feet are positioned on the near side of neutral will cause gravity to work against the movement, making it harder.

When adjusting exercise intensity on the TRX Suspension Trainer, keep in mind the following equation:

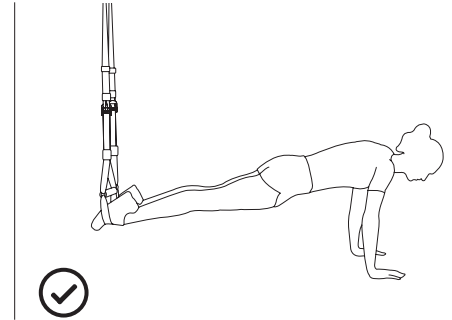
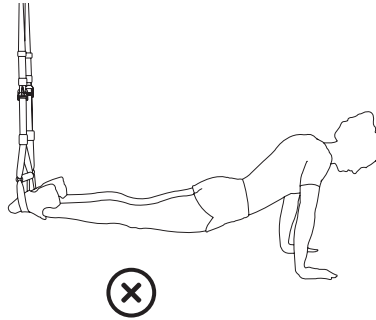
✓ **INTENSITY = RESISTANCE + STABILITY**

TRAIN SAFE

Below are common mistakes made when performing exercises on the TRX Suspension Trainer. Good cueing will fix them all.

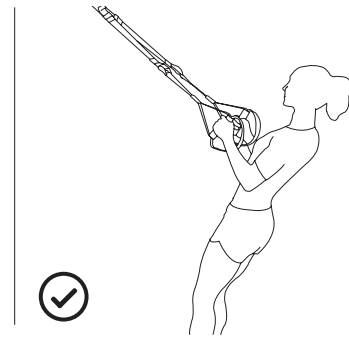
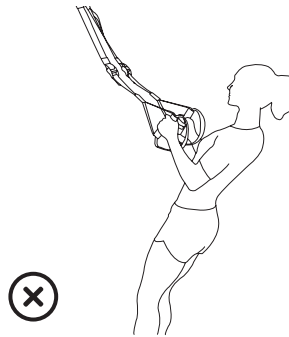
MAINTAIN GOOD POSTURE

Engage your core and keep your hips, shoulders and ears aligned at all times.



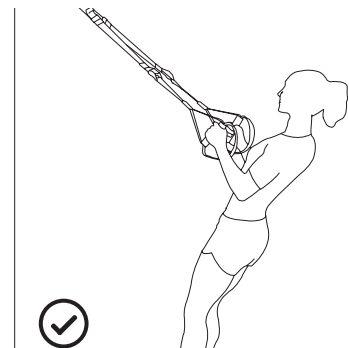
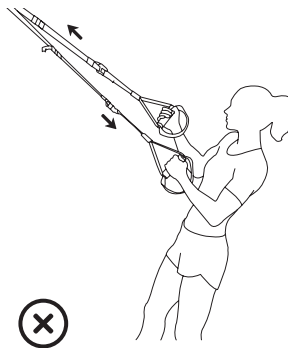
KEEP TENSION ON THE STRAPS

The straps should never go slack during exercises. Keep tension on the straps at all times.



NO SAWING

The straps are NOT a pulley. DO NOT perform sawing motions, which will cause premature wear of the TRX Suspension Trainer. Keep equal pressure on both handles at all times.



NO RUBBING

Do not allow straps to rub against arms. It is uncomfortable and stabilizing the TRX Suspension Trainer in this way makes the exercise less effective. Move hands higher to prevent rubbing.

