


**MAKE YOUR  
BODY YOUR  
MACHINE.**




**TRX is a real asset to anyone who is concerned with building or maintaining physical readiness — particularly when deployed to austere environments with limited access to more traditional training facilities...**

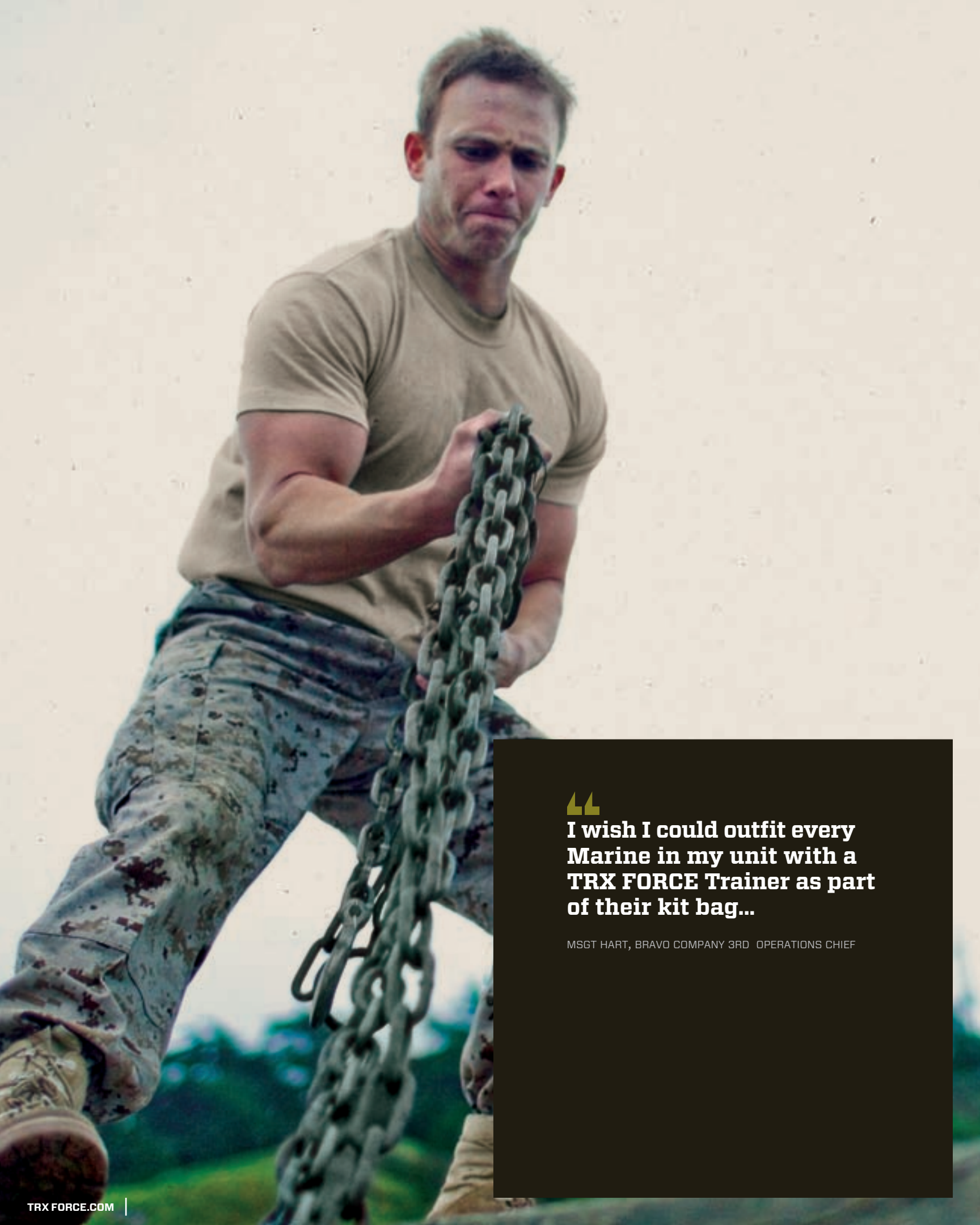
LTCOL CHRIS WOODBRIDGE, DEPUTY DIRECTOR,  
 USMC SCHOOL OF ADVANCED WAR FIGHTING

## WHAT IS TRX FORCE®?



TRX FORCE is a 360-degree functional fitness training solution that includes:

- 1 — World-class, versatile training tools
- 2 — Cutting-edge programming
- 3 — On-site education
- 4 — Online community



**I wish I could outfit every Marine in my unit with a TRX FORCE Trainer as part of their kit bag...**

MSGT HART, BRAVO COMPANY 3RD OPERATIONS CHIEF



## TRX®: A TRAINING COMPANY

TRX FORCE® is the intersection of innovative gear, expert program design, and industry-leading education designed to forge peak performance and operational readiness.

### Innovative Training Tools

Lightweight, easy to stow and transport, and simple to set up anywhere, the TRX Tactical Suspension Trainer builds the physical proficiencies needed to meet and exceed the demands of any operational environment. Hundreds of exercises can be performed to simultaneously develop strength, mobility, flexibility, endurance, core stability, and agility while enhancing durability.

### Expert Program Design

TRX FORCE includes cutting-edge fitness programs designed for users ranging from Navy SEALs and MMA fighters to infantry units and wounded warriors. Programs are individualized, integrated, multi-joint, and multi-planar so that service members can train the specific movements that they use in both combat and non-combat situations.

### Industry-Leading Education

TRX FORCE Education Courses ensure that the tools and training programs achieve the maximum effect. TRX has a cadre of highly qualified, professional educators who routinely deliver on-site training courses to every branch of the US Military, anywhere in the world. Attendees learn TRX principles, progressions, movements, cueing, and everything else they need to be successful.

## INNOVATIVE GEAR

NSN #: 7830-01-597-4939



1



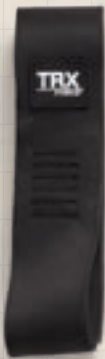
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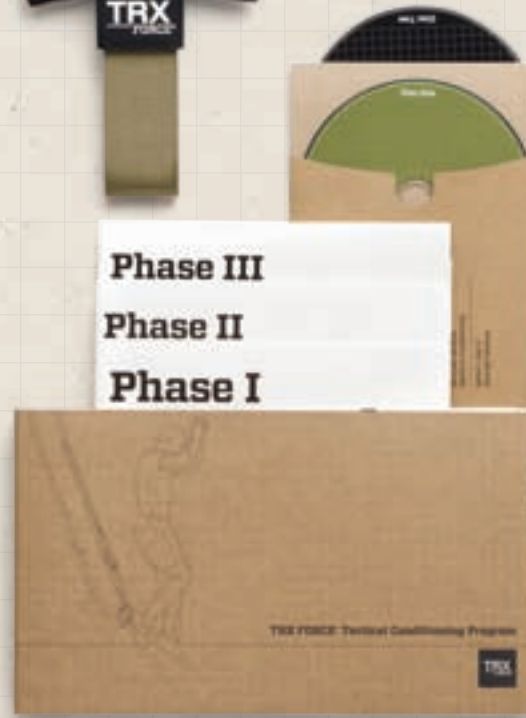
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6



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8

### TRX FORCE Kit: Tactical

1

Born of necessity in the field, refined and perfected to achieve and maintain peak operational readiness for tactical athletes.

### TRX Tactical Suspension Trainer

2

Durable enough to handle the rugged military lifestyle and weighing under 1.5lbs, this individual PT solution delivers the highest level of military conditioning.

Featuring a single anchor point.



### TRX Door Placard

3

Be safe working out. Place the TRX Door Placard on the other side of the door during workouts to warn others.

### TRX Suspension Anchor

4

The TRX Suspension Anchor attaches to any sturdy anchor point such as a tree, fence, tank, or weight rack.

### TRX Xtender Strap

5

Allows for higher anchor points and vertical anchor points (poles, etc.) for more situational versatility.

### TRX Door Anchor

6

Easy to set up and easy to use, the TRX Door Anchor turns any sturdy door into a training station.

### TRX Tactical Conditioning Program

7

The 12-week progressive Tactical Conditioning Program is contained in the Program Guide. The Guide is made from tear-proof/waterproof paper and includes four pull-out exercise maps and two instructional DVDs featuring three real-time workout modules, set-up and use instructions, and a robust exercise library.

### TRX Running Bag

8

The entire TRX FORCE Kit can be stowed in the Ripstop nylon/mesh running bag and worn as a backpack. Interior and exterior pockets included to hold ID, phone, wallet, etc.

## CONSTRUCTION

- The TRX Tactical Suspension Trainer is field-tested and has a one-year warranty
- Milspec 43668 production standards
- Proudly made in America and GSA compliant
- Abrasion and UV resistant military-grade nylon 6,6 webbing. Sewn with heavy-gauge bonded nylon thread and double-stitched for extra strength and durability
- Adjustable, non-slip, 100% aluminum D-rings stamped from a block of 7000 series aluminum, hand tumbled, and hard anodized
- Industrial-grade, textured rubber handles and integrated foot cradles with neoprene padding for comfort and traction in ground-based exercises
- Sturdy carabiner to ensure safe training for the most demanding users
- NSN #: 7830-01-597-4939
- GSA # GS-03F-0097T

### Related Story: *Suspension Training Helps Army Unit Get Fit*

The Army's Task Force Spartan Unit incorporated TRX Suspension Training into their fitness regimen during a combat rotation. Members of the group lost from 15 to 40 lbs while increasing endurance and overall muscularity. The group reported an increase in flexibility and endurance, and significant improvements in core and lower back strength.

# TRX FORCE® TACTICAL CONDITIONING PROGRAM

**You can never be too strong, fast, or durable.**

The goal of this innovative new program is to make tactical athletes stronger and more resilient by establishing and reinforcing movement standards and challenging their physical ability under changing conditions. It will prepare them for PT tests, for their everyday jobs, and for the high-intensity demands of combat.

## Program Overview:

The progressive 12-week program is broken down into three distinct phases that progressively build on one another. Each phase is four weeks long and includes four workouts per week. All 70+ exercises in the program, and their associated progressions, are demonstrated in the exercise library found on the program DVD and highlighted in the pull-out exercise maps.

PHASE 1

Phase 1 focuses on building a solid, stable core, thus increasing the power in your shoulders, arms, hips and legs

PHASE 2

Phase 2 focuses on arm and leg strength while maintaining the core strength developed in Phase 1

PHASE 3

Phase 3 adds a high intensity interval training component to the movements while emphasizing speed and power

	EXERCISE	REPS/TIME	MAP
MOBILITY: SEE MOBILITY MODULE MAP (BACK)	TRX Split Squat w/ 18 Deltoid Fly	5 reps	E3
	TRX Split Squat w/ 1 Deltoid Fly	5 reps	E5
	TRX Split Squat w/ 2 Deltoid Fly	5 reps	F3
	TRX Hip Hinge (Single Leg)	5 reps each leg	F5
	TRX Knee Bridge	8 reps together / 8 reps each side	H3
	TRX T-Spine Rotation	3 reps each arm	G5
STRENGTH: SEE PHASE 1 MAP	TRX Abdominal L-sit	8 reps each leg	H3
	TRX Overhead Squat	5 reps	H5
	TRX Split Fly	8 reps alternating	H5
	<b>Marksmen Handcuffed Fitness Test</b>		
	TRX Shoulder Fly	40 sec	H5
	TRX Row Press	40 sec	H5
	TRX Pull-up	40 sec	I7
	TRX Hip Abductor	40 sec	O1
	TRX Body Saw	1-2 min	O1
	TRX Inverted Row	40 sec	F4
TRX Side Plank (Single Leg)	4 x 30 sec each leg	H1	
TRX Stand Press	8 reps each arm	H3	
TRX Power Pull	30 reps each arm	M1	
TRX Backhoe	40 reps each leg	K3	
TRX Assisted Torso Rotation	8 reps each side	O5	
TRX Pull	1-2 min		

**Week 4: Day 4** WORKOUT DURATION: 60 MIN  
LEVEL: ○ ○ ○ ○ ○

With a consistent, easy-to-follow daily format, the program places extra emphasis on developing joint mobility so tactical athletes are better able to handle the rigors of military service like carrying heavy loads over long distances on rough terrain. The exercises can be progressed and regressed so that, regardless of fitness level, any service member can find the perfect challenge for them. As they get more fit, they can intensify the challenge with less stable stances and deeper angles.

## TRX ALSO OFFERS A LIBRARY OF 20+ STAND-ALONE WORKOUTS INCLUDING:

### TRX Essentials: Cardio Circuit

A combo of strength and cardio training led by former Marine and Olympian Buddy Lee.

### TRX Kettlebell: Iron Circuit

A powerhouse, 60-minute, real-time workout featuring former Soviet Special Forces Trainer, Pavel Tsatsouline.

### TRX Boot Camp: Ropes & Straps

Total-body strength and cardio training to improve metabolism and build lean muscle strength.

### TRX Performance: Train Like The Pros

Build pro-level core strength and endurance, agility and flexibility with NFL Strength and Conditioning Coach Todd Durkin.

### Related Story: US Army Uses TRX as a Sounding Board

In March 2011, TRX Head of Human Performance Chris Frankel was invited to a three-day gathering of exercise scientists, drill sergeants and fitness experts from all branches of the military at the Army's School of Physical Fitness at Ft. Jackson, South Carolina. The goal was to evolve the Army's legacy Physical Readiness Test and training protocol to match the demands of military service and take advantage of the latest research in exercise science. It was experiences like this that helped TRX develop the new Tactical Conditioning Program.



“This gear has the adaptability for use in my FEP program, with my elite sailors, and for rehabilitation before, during, and after deployment.”

CDR ROBERT POLING, CO MAREXSECRON TWO





“The TRX Rip Trainer is a great functional training tool increasing our players’ core stability, strength and overall conditioning; I would highly recommend it to anyone trying to improve their fitness level.

DWIGHT DAUB, OKC THUNDER STRENGTH & CONDITIONING COACH



## TRX® RIP™ TRAINING (NEW)

Developed by a two-time US National TaeKwon-Do champion, Rip Training is a multi-faceted approach to strength and cardiovascular conditioning that challenges the body in 3D.

Like the TRX Suspension Trainer, the Rip Trainer attaches anywhere, is lightweight, endlessly versatile, and delivers a highly efficient total-body workout. Rip Training complements Suspension Training by challenging the body to generate and

control rotational forces – building core stability, endurance, strength, and power. While it is excellent for tactical athletes of all kinds, Rip Training is particularly beneficial for those involved in close quarters combat.

The TRX Rip Trainer is compatible with the TRX FORCE Training Zone and is supported by a certified, on-site education course.





## TRX FORCE® TRAINING ZONE

### Ideal for Bases and Schoolhouses

The TRX FORCE Training Zone provides everything you need to successfully implement TRX Training at your unit, command, or fitness center. Each Zone includes an eight-hour on-site FORCE Education Course, TRX FORCE Kits, indoor/outdoor anchoring solutions, additional training programs and is fully supported with an online community to ensure successful implementation.

### Related Story: *From Kits to Zones*

In late 2010, The US Department of Defense purchased 24,000 TRX FORCE Kits to support deploying forces in all branches. Realizing the importance of training, the Office of the Secretary of Defense (OSD) and the Army's Family & Morale, Welfare and Recreation Command (FMWRC) extended that commitment in 2011 to include TRX FORCE Zones at fitness centers throughout the Army. Now soldiers will learn how to get the maximum benefits from TRX Suspension Training before they deploy.



“**The TRX staff explained and demonstrated the exercises and theories while also showing a great understanding of how it benefits the tactical athlete.**”

JOHN HOFMAN, CSCS, MS, STRENGTH & CONDITIONING COACH,  
SACRAMENTO FIRE DEPARTMENT

## INCLUDES

- TRX S-Frame (indoor/outdoor) ruggedized for outdoor use. Optional wheels for easy portability.
- TRX FORCE Kits featuring:
  - TRX FORCE Tactical Suspension Trainer
  - 12-week FORCE Tactical Conditioning Program complete with ruggedized guidebook, two DVDs, and four pull-out exercise maps for easy reference
  - TRX Xtender Strap
  - TRX Door Anchor
- TRX FORCE Training Zone signage
- Two additional TRX programs
- Full day, exclusive, on-site Military Suspension Training Course
- Custom packages available



## TRX® TEAM

A specialized, multi-week training program designed to increase service members' strength and core stability while getting them operationally ready. This turnkey, customizable solution for your unit or gym includes training tools, programming, instructor education, and follow-up training. Team members will master TRX movements, progressions, and principles and learn how to apply TRX Training to achieve their goals.

### Related Story: *TRX a New Staple at WTC*

In 2011, the Army's Warrior Transition Command (WTC) made TRX FORCE a staple in the Army's Adaptive Sports Programs in over 30 units and commands. As part of their first course of action in the rehabilitation process, TRX Suspension Training gives injured service members a level of relief and pain reduction that drugs alone can't always achieve.

#### Includes:

- TRX FORCE Kits
- TRX TEAM Coach & Rollout Playbooks
- Six weeks of progressive, results-driven programming
- Customized TRX anchoring solution
- Three exclusive, on-site education courses
- Dedicated long-term staff & trainer support
- Marketing & promotional support
  - Pop-up banners
  - E-mail templates
  - Stickers
  - DVD-specific programming
  - Wall banners
  - Coach TEAM T-shirts
  - Promo brochures, videos & posters



“We learned so much. We have already started planning how we will implement TRX Training into our programs. The active duty members fell in love with the workouts and movements. GTMO is a different type of base, and training like this helps improve quality of life, morale, and fitness!”

JEN NORTON, MWR FITNESS DIRECTOR,  
USNB GUANTANAMO BAY, CUBA

## INDUSTRY-LEADING EDUCATION

TRX FORCE Education Courses teach attendees TRX Training fundamentals and how to integrate it into their PT regimen to increase operational readiness and job performance. Our cadre of instructors deliver best-in-class courses to every branch of the military, anywhere in the world.

LEVEL 1

### TRX FORCE Operator Course

A four-hour orientation course covering the knowledge and skills needed to effectively use the TRX Tactical Suspension Trainer to maintain peak operational readiness.

LEVEL 2

### TRX FORCE Trainer Course

Ideal for Unit PT Leaders, NCOs, and MWR Trainers, this eight-hour course gives attendees the knowledge and skills to lead unit PT using the TRX FORCE Tactical Conditioning Program and the TRX Tactical Suspension Trainer. Must have completed the Level 1 Course.

LEVEL 3

### TRX FORCE Train The Trainer Course

An extensive three-day course designed to produce on-site TRX Suspension Training experts who can teach the Level 1 Operator Course to commands and units.

#### Other TRX Courses Available

LEVEL 1

### TRX Rip Training Course

An eight-hour introductory course covering TRX Rip Training exercises and how they can be progressed and regressed for different fitness levels.

LEVEL 2

### Suspension Training Sports Medicine Course

An eight-hour course that teaches attendees how to incorporate the TRX Tactical Suspension Trainer into individualized or group therapy, post-rehabilitation, prevention, and fitness programs. Must have completed the Level 1 Course or be a licensed healthcare professional (ATC, DC, PT, OT, MD, PTA).

LEVEL 1

### Suspension Training Course

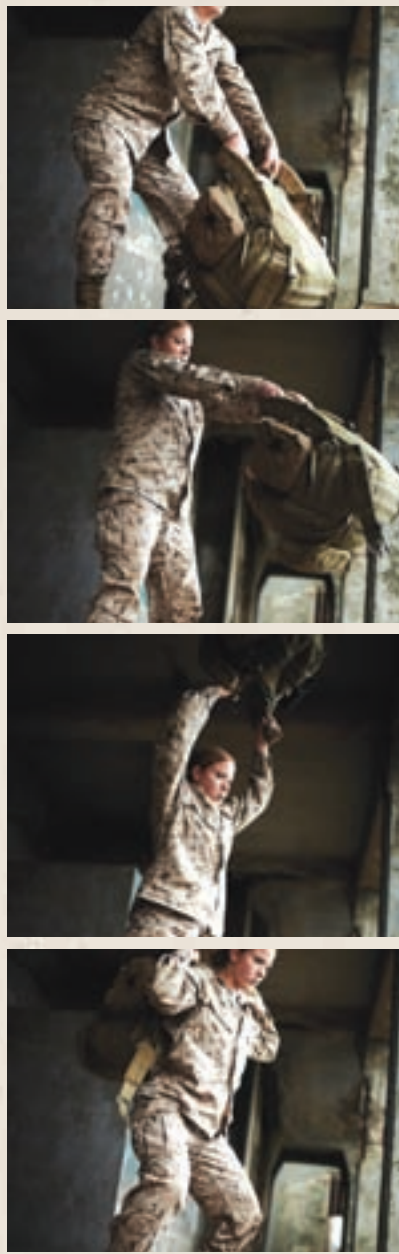
An eight-hour course for personal trainers that teaches the fundamentals of TRX Suspension Training bodyweight exercise and how to incorporate it into your training and client programs.

LEVEL 1

### Group Suspension Training Course

An eight-hour course for personal trainers that teaches TRX Suspension Training fundamentals and how to lead and cue Suspension Training movements in a small, large, or boot camp-style group exercise format for all fitness levels.





## TRX FUND

As a veteran-run company, TRX is passionate about the welfare and fitness of our country's service members. The TRX Fund is a non-profit organization that we created to help support service members confronted with illness, injury, or combat wounds, and who have lost the ability to exercise at the same rate and intensity as they had in the past. The TRX Fund takes \$5 from every TRX FORCE Kit sold on our website and uses it to supply equipment and on-site education to injured service members and athletes who embody the warrior spirit at places like Walter Reed and Brooke Army Medical Center.

The goal is to help these service members stay motivated, confident, active, maintaining their muscle mass, and progressing in their rehabilitation process.

“ I am currently using the TRX with quite a few of my patients. I use it a lot for shoulder patients. I especially love the TRX to train soldiers on scapular stabilization.

AMANDA WOLFE, L CPT MIL USA USAMEDCOM

## INJURY PREVENTION & REHABILITATION

If a service member isn't prepared for running, jumping, and carrying heavy loads in unsteady terrain, they can easily wind up sidelined. With considerable resources dedicated to maintaining an operational fighting force, prevention and care of musculoskeletal injuries is mission critical.

By improving mobility and core stability, the key elements of durability, TRX Suspension Training bodyweight exercise

helps keep service members in action. If they do get injured, Suspension Training helps get them moving confidently again while engaging multiple muscle groups (instead of isolating them like most rehab solutions). That's why physical rehabilitation practitioners are increasingly making TRX Suspension Training part of their regular treatment programs.

“ The first time we used this at the Compass Group retreat, I heard a Marine say it was the first time he felt like a Marine again... It works.

MAJOR GENERAL (RET) T.S. JONES, USMC  
BOARD OF DIRECTORS, SEMPER FI FOUNDATION

## ONLINE COMMUNITY: ALWAYS ON SUPPORT






### Online Forums, Facebook, Blogs, and Instructional Videos

The TRX Community and dedicated TRX FORCE Facebook page is where service members can find out how to progress their TRX Training after the 12-week Tactical Conditioning Program and connect with other service-members and TRX Master Trainers.

- \_\_\_ Get questions answered
- \_\_\_ Watch how-to videos
- \_\_\_ Compete in our physical challenges
- \_\_\_ Get best practices and training tips
- \_\_\_ Share lessons learned
- \_\_\_ Learn how to integrate TRX into any operational readiness program



TRX workout content is mobile device compatible

-  [facebook.com/trxforce](https://facebook.com/trxforce)
-  [@trxtraining](https://twitter.com/trxtraining)
-  [youtube.com/trxtraining](https://youtube.com/trxtraining)

## CORPORATE TRACK RECORD

TRX has executed hundreds of large contracts throughout every service branch, demonstrating the corporate expertise to deliver TRX FORCE Kits, customized training programs, and exclusive on-site education courses to meet operational requirements anywhere in the world and enable receiving commands to successfully incorporate and support TRX Training.

### January 2011

Contracted by the Army's Warrior Transition Command (WTC) to provide TRX FORCE Training Zones, professional education courses and TRX FORCE Kits for the Army's Adaptive Sports Programs. TRX delivered all 34 FORCE Training Zones and 368 FORCE Kits within 30 days after receipt of award.

### May 2011

Contracted by Camp Pendleton to deliver 3,000 FORCE Kits to meet the operational needs of deploying Marines, both in combat zones and while on deployed MEU's. TRX fulfilled the order in less than 10 days after receipt of award.

### July 2011

400 TRX FORCE Kits replaced elliptical machines, gravitrons, and weight machines at the Marine Corps Recruit Depot at Parris Island, South Carolina. Four TRX Tactical Suspension Trainers were to be placed in each recruit training squadbay for use by the Drill Instructor and recruit while at Parris Island. TRX fulfilled this order in under 10 days after receipt of award.

### July 2011

Funded by the Office of Secretary of Defense (OSD), TRX partnered with the Air Force, Headquarters Services Agency to provide TRX FORCE Kits, TRX FORCE Training Zones, and professional education courses to nearly 30 USAF Fitness Centers. TRX executed the order within 30 days after receipt of award.

### August 2011

In support of Navy Explosive Ordnance Disposal (EOD) units, the Navy's Sports & Fitness program contracted with TRX for 450 TRX FORCE Kits for use at six different locations. FORCE Kits are issued to the EOD technicians when they go on deployment and are an important piece of their deployment fitness programs. TRX executed the order within seven days after receipt of award.

### October 2011

TRX partnered with the Air Force 720th Special Tactics Group in Hurlburt Field, FL to deliver 400 TRX FORCE Kits for eight Special Operations units. TRX fulfilled the order in less than 30 days after receipt of award.





“In today’s fight, the loads we carry require a level of fitness that can’t be achieved by concentrating exclusively on endurance or strength training. The TRX FORCE Training Kit has been a God-send.

1ST LT ROB CARSON, ANTI-TERRORISM BATTALION UNITED STATES MARINE CORPS

## OUR MILITARY ROOTS

### Born in the Military

While tucked away in safe houses, ships and subs for extended periods, Randy Hetrick and his Navy SEAL teammates needed a way to stay combat ready. Using a jujitsu belt, parachute harness webbing, rubber boat tools, and sheer creativity, Randy created the first TRX Suspension Trainer.

### Proven in the Military

Long months of rigorous patrols and a lack of adequate exercise equipment combine to gradually weaken service members. Numerous studies, including two conducted at The Citadel, revealed that incorporating TRX Training into unit and individual PT leads to significant, measurable improvements in military fitness.

### Adopted by the Military

Designed specifically for military in every branch of the armed forces, TRX Training has been the solution for tactical athletes ranging from conventional forces to elite Special Warfare teams. At home and deployed, operators of all ranks across all branches of service have chosen TRX Training as their fitness, wellness, and rehab solution.

# THE TRX FORCE TEAM

Contact the TRX Military Program Manager for your branch of service or visit [TRXFORCE.com](http://TRXFORCE.com) to learn more.

1 — **Alex Roodhouse**  
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— Former Navy Riverine  
— General Manager, Military Segment

2 — **Joe Martin**  
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— Military Education Manager

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— Former Navy SEAL  
— Senior Program Manager, Army

4 — **Ed Sortino**  
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— Former Marine  
— Marine Corps Program Manager

5 — **Mike Taylor**  
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— Former Navy Riverine  
— Navy/Coast Guard Program Manager

6 — **Bryan Studebaker**  
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— Former Air Force Security Forces  
— Air Force/1<sup>ST</sup> Responder Program Manager

7 — **Ron “Griff” Gardner**  
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— Former Coast Guard  
— Military Sales Development

8 — **Tim Hardy**  
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— Former Army Ranger  
— Eastern Territory Manager, Army Program

9 — **Sara Fowler**  
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— Military Marketing Manager

“ Instead of lifting weights in a single plane, TRX® exercises incorporate multiple body parts and multiple planes into a single motion, thus mimicking the way that a soldier uses his/her body in combat and in life.

MICHAEL MIRANDA, CPT, MP, 503D MP BN (ABN) TF RIPCORD, FOB LIGHTNING, AFGHANISTAN

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