



/// MAKE IT  
PERSONAL™ **TRX®**

TRAINING SOLUTIONS PERSONALIZED FOR  
YOUR MEMBERS. TRAINERS. BUSINESS.



WORLD CLASS FITNESS SOLUTIONS: MIDDLE EAST DISTRIBUTOR  
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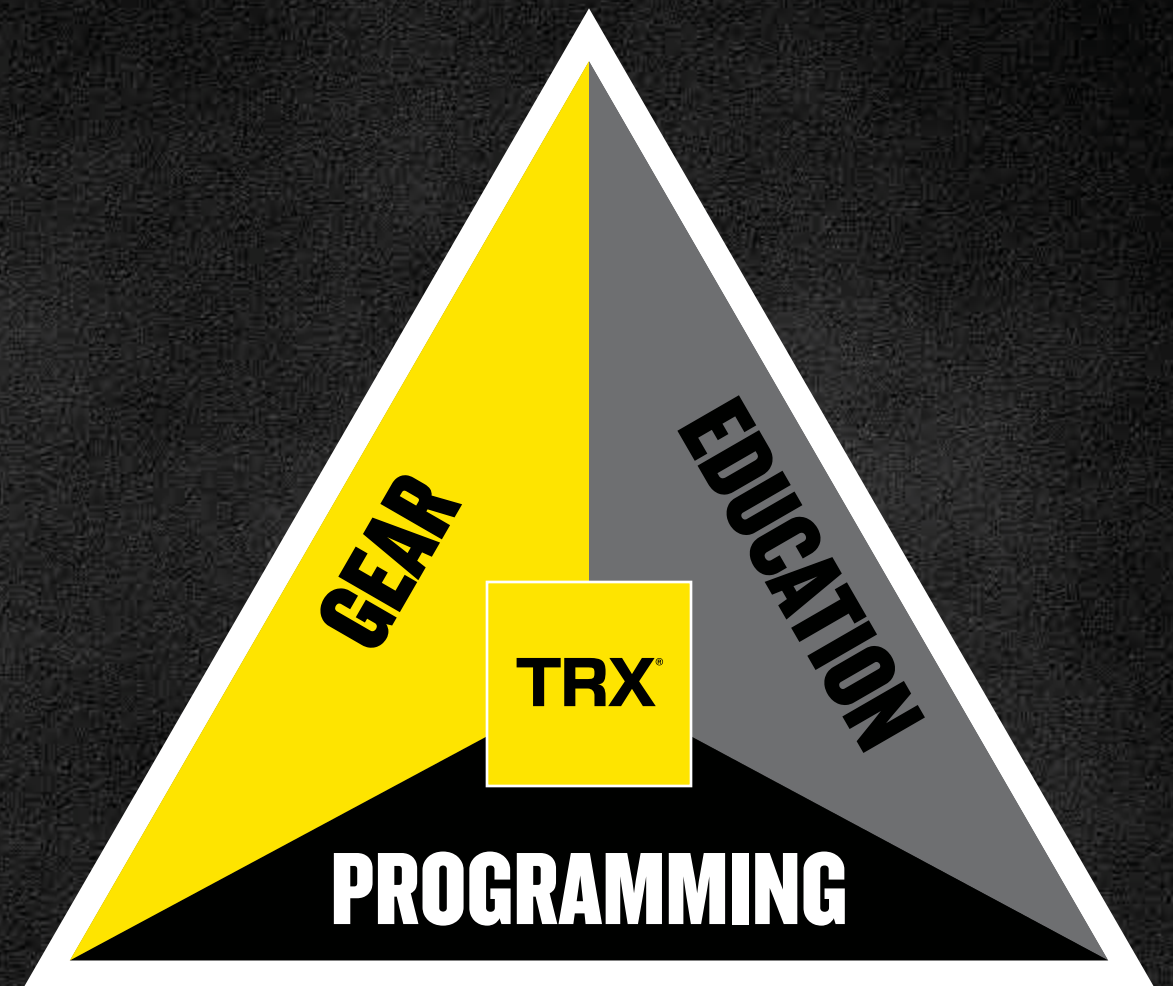
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MAKE IT  
PERSONAL™

**TRX**

# TRAINING SOLUTIONS **PERSONALIZED** FOR YOUR MEMBERS, TRAINERS, & BUSINESS.



Since the dawn of man, humans have practiced some form of functional training. It is the most natural and efficient way to improve the form and “function” of the human body. By design, functional training aims to improve one’s health and vitality by mimicking the way we move in sport and life.

At TRX, we believe that functional training – both literally and figuratively – is a progressive *movement*. This progression demands an integrated platform of innovative equipment, professional

education, and dynamic programming – and ultimately, a technology that links them all together.

This year, TRX has upped the game with TRX CONNECT, a digital platform that allows you to deliver truly personalized functional training experiences to your members so that they can reach all of their goals.

//Make it Personal with TRX

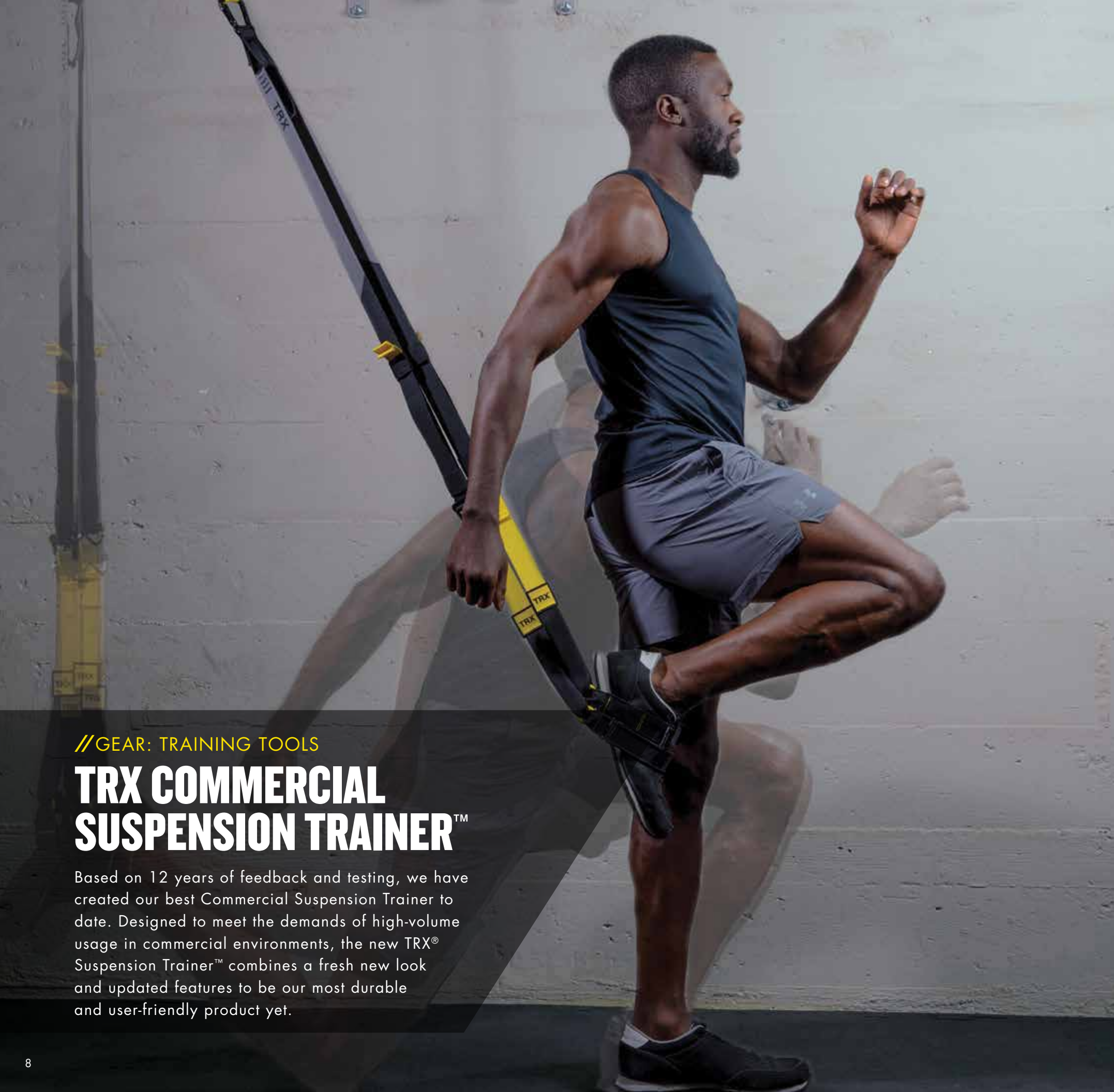
# TRX GEAR

COMMERCIAL SUSPENSION TRAINER / FUNCTIONAL TRAINING TOOLS /  
DUO TRAINER / RIP TRAINER / TRAINING ZONE SOLUTIONS

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//GEAR: TRAINING TOOLS

# TRX COMMERCIAL SUSPENSION TRAINER™

Based on 12 years of feedback and testing, we have created our best Commercial Suspension Trainer to date. Designed to meet the demands of high-volume usage in commercial environments, the new TRX® Suspension Trainer™ combines a fresh new look and updated features to be our most durable and user-friendly product yet.

## FEATURES



### ADJUSTABLE FOOT CRADLES

Custom fits to any foot size to prevent slippage. Cushy padding for comfort.



### PADDED TRIANGLES

Smooth, padded webbing enhances comfort.



### ANTIMICROBIAL RUBBER HANDLES

Microban® technology prevents the spread of bacteria & anti-slip texture increases grip.



### LOCKING CARABINER

Keep your investment safe and secure.



//GEAR: TRAINING TOOLS

# NEW TRX FUNCTIONAL TRAINING TOOLS

Complete the 360-degree TRX Functional Training experience in your facility with our new line of Functional Training Tools. Each product meets the highest quality standards and is crafted to withstand high-volume use in a commercial environment.



**TRX MEDICINE BALLS**  
 10 INCH : 4, 6, 8, 10 and 12 lbs.  
 14 INCH : 4, 6, 8, 10, 12, 14, 16, 18 and 20 lbs.



**TRX SLAM BALLS**  
 4, 6, 8, 10, 15, 20, 25, 30, 40 and 50 pounds



**TRX CONDITIONING ROPE**  
 1.5 in. x 30 ft. / 1.5 in. x 50 ft.



**TRX STABILITY BALLS**  
 55 in. / 65 in.



**TRX KETTLEBELLS**  
 4, 6, 8, 12, 16, 20, 24, 28, 32, 36 and 40 pounds



**TRX PLYO BOXES**  
 6, 12, 18 and 24 in.



**TRX STRENGTH BANDS**  
 XX-LIGHT .5 in. wide, X-LIGHT .8 in. wide, LIGHT 1.15 in. wide, MEDIUM 1.75 in. wide, HEAVY 2.5 in. wide



**TRX MINI BANDS**  
 X-LIGHT / LIGHT / MEDIUM / HEAVY



**TRX MAT**  
 2 ft. x 4 ft. x .5 in.



**TRX FOAM ROLLERS**  
 18 in. / 36 in.



//GEAR: TRAINING TOOLS

# TRX DUO TRAINER™

The TRX® Duo Trainer™ marks an evolution in training equipment. Modeled after classic Gymnastics Rings, the Duo Trainer features enhanced ergonomic design, adjustability, and a full-body integrative system. Created in partnership with best-selling author, coach and founder of Mobility|WOD, Dr. Kelly Starrett, the TRX Duo Trainer allows athletes of all levels tap into greater levels of strength, mobility, endurance, and flexibility.

## FEATURES

THE BENEFITS OF GYMNASTICS RINGS, THE ACCESSIBILITY OF TRX



**SAFETY & CONVENIENCE**  
Infinity Anchors & Loops



**INJURY PREVENTION**  
Straight handles & proper alignment



**TRAINING VERSATILITY**  
Mobile Grips



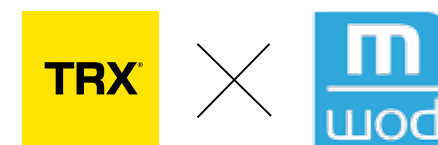
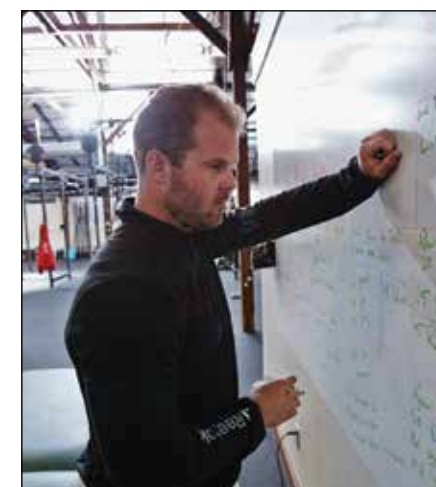
**MACRO + MICRO ADJUSTABILITY**  
Infinity Loop & Mobile Grip adjustment



**TRAINING OPTIONS**  
Foot cradles



**CIRCUIT TRAINING**  
A whole new experience



The TRX Duo Trainer was created in partnership with New York Times best-selling author, coach and founder of MobilityWOD, Kelly Starrett, DPT. Starrett teaches coaches and athletes worldwide how to use strength and conditioning movements to predict and resolve inefficiencies that lead to decreased performance and injury.



//GEAR: TRAINING TOOLS

# TRX RIP TRAINER™

The TRX® Rip Trainer™ is the perfect tool for blasting calories, increasing cardiovascular endurance and developing rotational core strength that mirrors the way you move in sports and in life.

## FEATURES

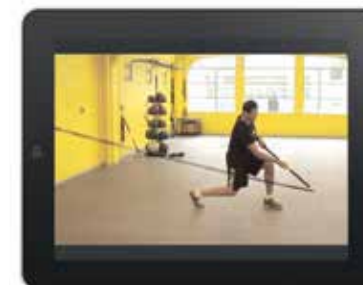
The TRX® Rip Trainer™ can be attached to any secure anchor point for a challenging full-body workout. The innovative system is designed to create a variable, unbalanced load that enables the development of core strength, explosive power, flexibility and cardio endurance.



42 inch-long bar (1.1 m) with commercial-grade rubber handles that disassembles into two pieces for easy portability.



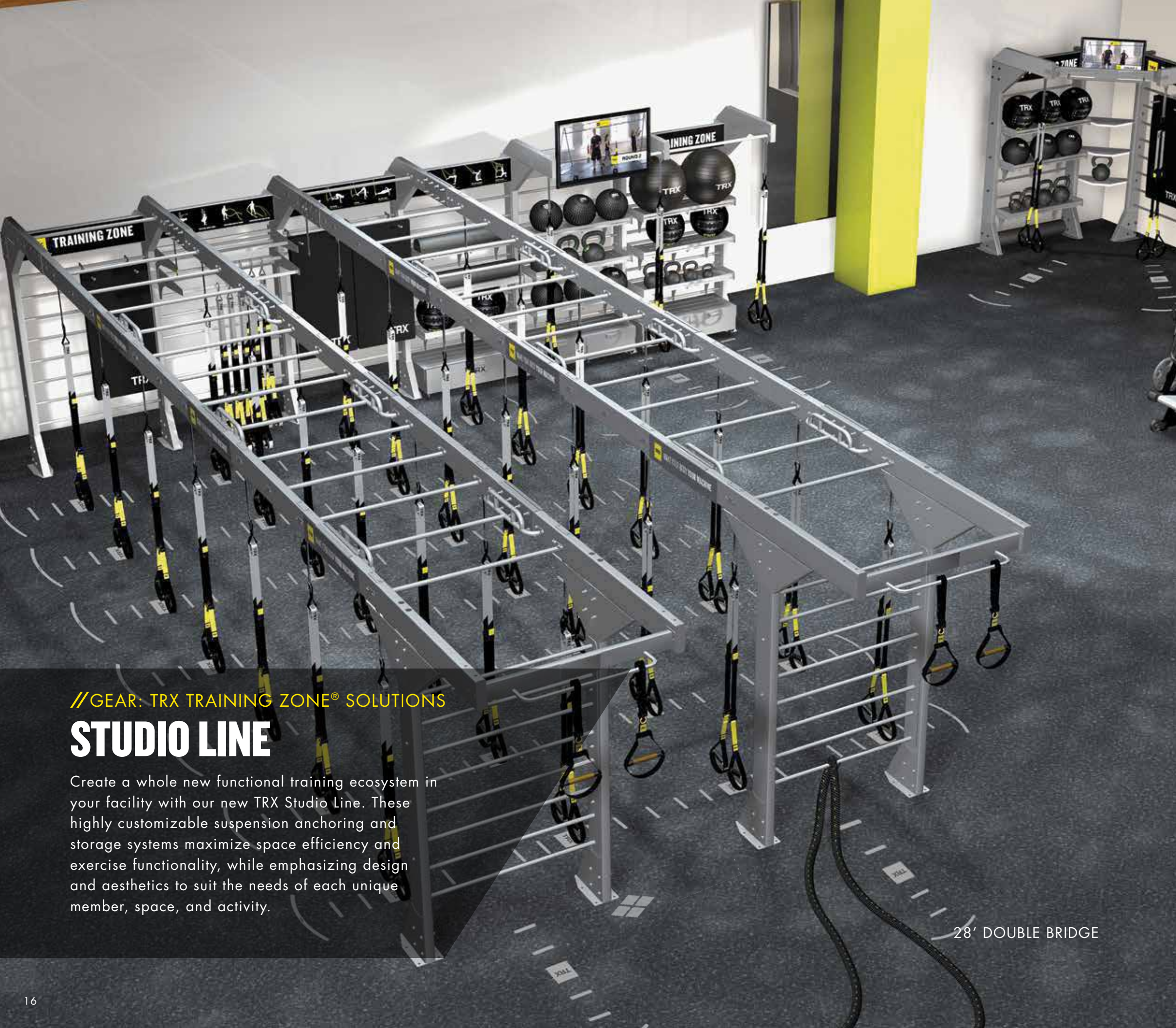
Medium resistance cord with protective nylon safety sleeve and Industrial-strength carabiner rated for maximum durability.



Downloadable instructional video demonstrates 18 different exercises







//GEAR: TRX TRAINING ZONE® SOLUTIONS

# STUDIO LINE

Create a whole new functional training ecosystem in your facility with our new TRX Studio Line. These highly customizable suspension anchoring and storage systems maximize space efficiency and exercise functionality, while emphasizing design and aesthetics to suit the needs of each unique member, space, and activity.

28' DOUBLE BRIDGE

## CONFIGURATIONS TO MEET ANY SPACE

Maximize space, organization and training capabilities anywhere with our TRX Studio Line. These state-of-the-art Suspension Training® and modular storage systems begin with a single bay and grow with infinite customization options.



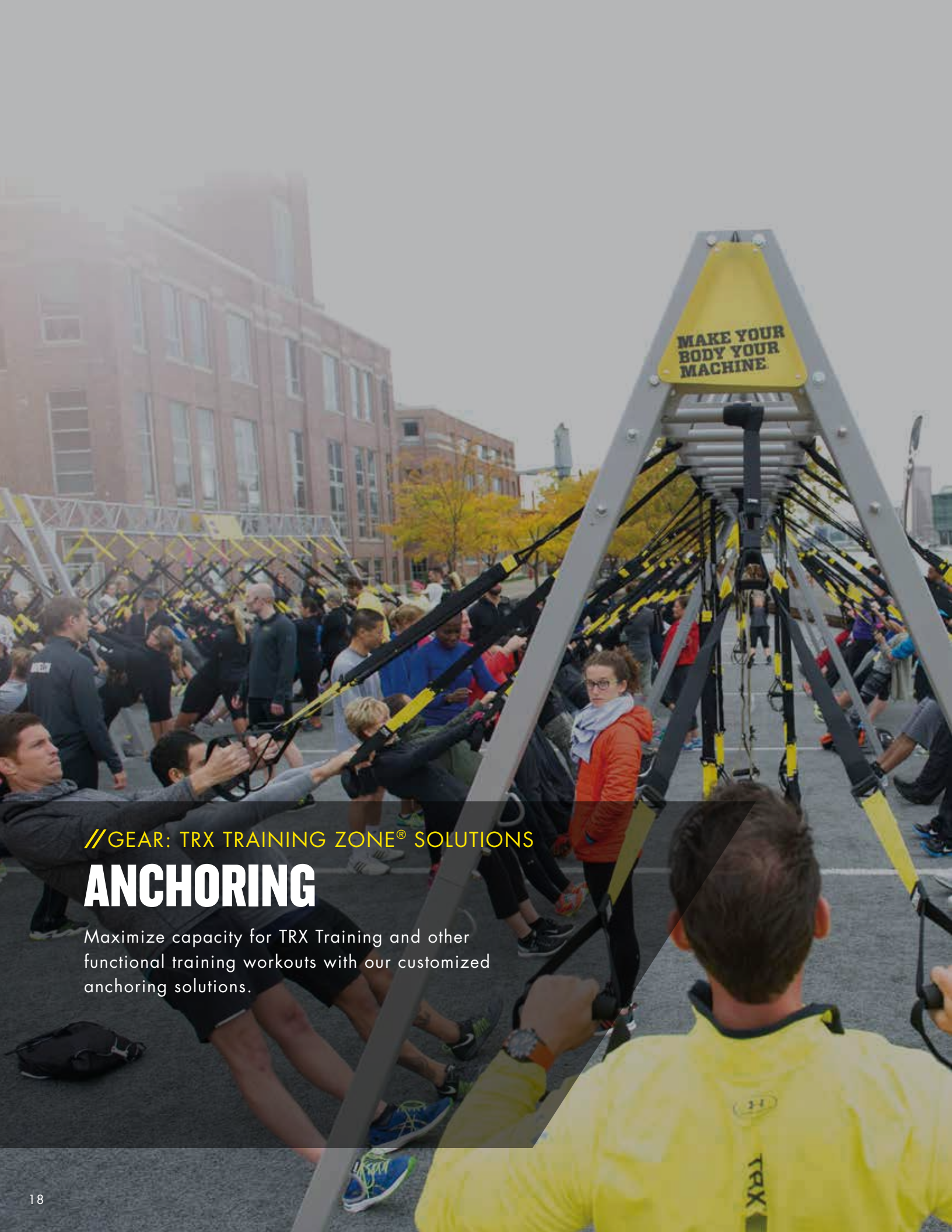
BAYS



CORNER UNIT



T-UNIT



//GEAR: TRX TRAINING ZONE® SOLUTIONS

# ANCHORING

Maximize capacity for TRX Training and other functional training workouts with our customized anchoring solutions.



### TRX S-FRAME

The TRX S-Frame is a commercial grade steel, elevated structure that can support up to 22 TRX Suspension Trainers. Ideal for group training, it can also support other hanging exercises and equipment including heavy bags, conditioning ropes, and Rip Trainers.

- Available in 5 ft increments going up to 30 feet max
- Two heights: standard 8'3" tall or elevated 9' tall with monkey bars

### TRX X-MOUNT®

A small and sturdy piece of hardware that provides an easy anchor for one or two TRX Suspension Trainers or Rip Trainers.



### TRX INVIZI-MOUNT™

A sturdy steel plate that can be installed onto a load bearing wall, acting as both an anchor point for your TRX Suspension Trainer and a wall hanger for your favorite photos or artwork.



### TRX MULTIMOUNT KIT

Designed for Suspension Training® and Duo Training™ this sturdy, industrial-grade steel, wall mounted pull-up bar comes in 7 feet increments, enabling you to train more people in less space. An ideal destination for pull-ups and hanging exercises.

The MultiMount can also support heavy bags and provides overhead storage for exercise balls.

### TRX RIP® GROUP STATION

The TRX Rip® Group Training Station supports groups up to 10. Made of high-grade steel, this collapsible station includes a cable and lock.

Wheels allow for easy portability inside or out.



# TRX EDUCATION

TRX SUSPENSION TRAINING COURSE / TRX FUNCTIONAL TRAINING COURSE / TRX GROUP TRAINING COURSE / TRX ADVANCED GROUP TRAINING COURSE / SPECIALTY COURSES / DIGITAL COURSES

MAKE IT  
PERSONAL™

TRX®



//EDUCATION

# THE VISION

Movement is the foundation of better

# THE GOAL

Coach better with a progressive training curriculum based on the TRX Foundational Movements



# THE TRX® EDUCATION JOURNEY

START  
HERE



## TRX® SUSPENSION TRAINING® COURSE

- Learn the fundamentals of TRX® Suspension Training® in this introductory 8-hour course
- Coaching Standards - what you be stable and what should be mobile
- Cueing techniques

NEXT LEVEL  
READY



## TRX® FUNCTIONAL TRAINING COURSE

- Building off the STC, apply TRX® foundational movements across the TRX® Suspension Trainer™ and other modalities such as kettlebells, heavy ropes, rip trainers, sandbags and more.
- Advanced coaching - common faults, "swing throughs"
- Deliver and build multi-modality circuits

LEADING  
COACH



## TRX® SUSPENSION TRAINING® COURSE

- Apply TRX's group coaching system
- Master group cueing and coaching techniques
- Learn to deliver and create personalized, motivating group classes of varying fitness levels
- Includes 2 workouts: TRX® Strong and TRX® Fit

CERTIFIED  
LEVEL



## TRX® ADVANCED GROUP TRAINING COURSE

- Learn how to program and create your own workouts in an advanced 16-hour course
- Deliver and modify a pre-programmed 18-day bootcamp
- Master advanced group coaching skills
- Upon completion, you will be a TRX® certified instructor

## ADDITIONAL SPECIALTY COURSES



TRX® RIP  
TRAINING COURSE



TRX® SPORTS MEDICINE  
SUSPENSION  
TRAINING COURSE

DIGITAL



TRAINER BASICS



YOGA

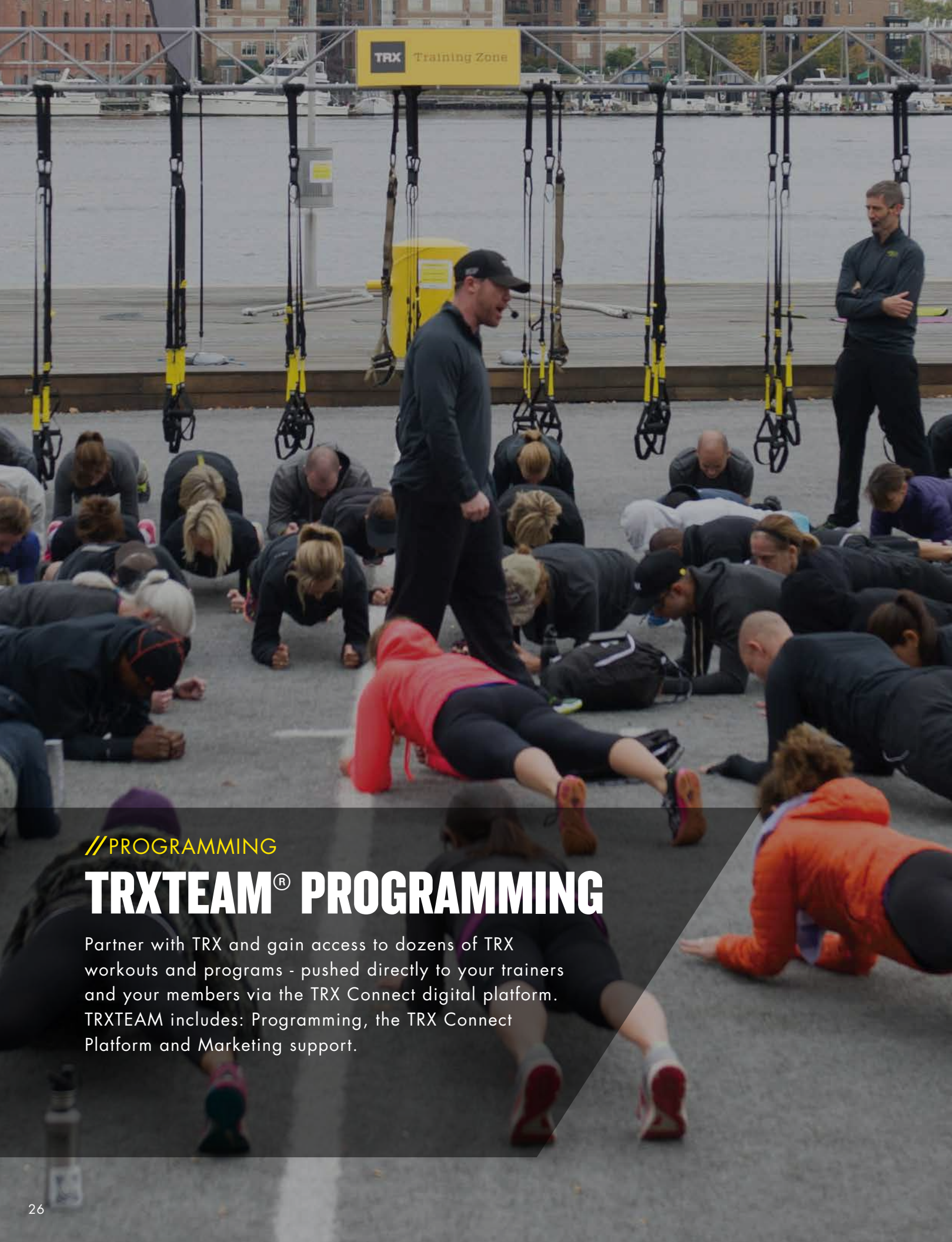


# TRX PROGRAMMING

TRXTEAM®: A FULL-SCALE PROGRAMMING SOLUTION FOR DEVELOPING PROGRESSIVE, RESULTS-ORIENTED WORKOUTS AND BOOT CAMPS THAT DRIVE MEMBER RETENTION, ACQUISITION AND ENGAGEMENT.

MAKE IT  
PERSONAL™





## //PROGRAMMING

# TRXTEAM® PROGRAMMING

Partner with TRX and gain access to dozens of TRX workouts and programs - pushed directly to your trainers and your members via the TRX Connect digital platform. TRXTEAM includes: Programming, the TRX Connect Platform and Marketing support.

## GROUP PROGRAMMING

PUSHED DIRECTLY TO YOUR TRAINERS VIA TRX CONNECT

### TRX® + SUSPENSION TRAINING®

Programmed to be performed predominantly on TRX Suspension Trainers.

#### BOOTCAMP

Get 12-18 unique training sessions that have been carefully structured to progress over four, six, or eight weeks depending on the schedule you choose.

- Six unique editions to choose from.

#### DROP-IN STYLE CLASSES

Two themed group workout formats to engage members with any fitness goal. One new workout pushed per month.

- Strong - strength-based Suspension Training workouts designed for groups
- Fit - high-intensity interval-style Suspension Training workouts designed for groups

#### TRX FOR YOGA

Help your members fully explore movement without fear, hesitation, and injury. TRX Yoga Flow is a style of Power Yoga that leverages the TRX Suspension Trainer to build true resilience, while simultaneously increasing flexibility, strength, coordination and balance.

### TRX MULTIMODALITY WORKOUTS

Programmed to be performed on a combination of TRX Suspension Trainers, TRX Functional Training Tools, and other equipment.

#### CIRCUIT-BASED MULTIMODALITY WORKOUTS (featuring TRX Functional Training Tools)

High-intensity circuit-based workouts using up to seven modalities, including: TRX Suspension Training, Rip Training, conditioning ropes, kettlebells, medicine balls, slam balls, and plyo boxes.

#### CARDIO MACHINES + TRX

High-intensity hour-long workouts that include approx. 30 minutes on cardio machines (spinning/rowing/running) and about 30 minutes of targeted TRX Suspension Training and/or multimodality circuit training (featuring TRX Functional Training Tools). The perfect combination of fun cardio & core-driven, full body toning.

## DIY PROGRAMMING

PUSHED DIRECTLY TO YOUR MEMBERS VIA TRX CONNECT

Introduce your members to dozens of personalized workouts, including:

- TRX Suspension Training
- TRX Functional Training
- TRX + Cardio
- Cardio Machines
- Yoga / Pilates
- Mobility / Myofascial
- Outdoor and "At Home"

# // TRX CONNECT

A digital platform, consisting of three integrated parts, allowing you to **CONNECT** with your members to drive authentic customized fitness experiences.



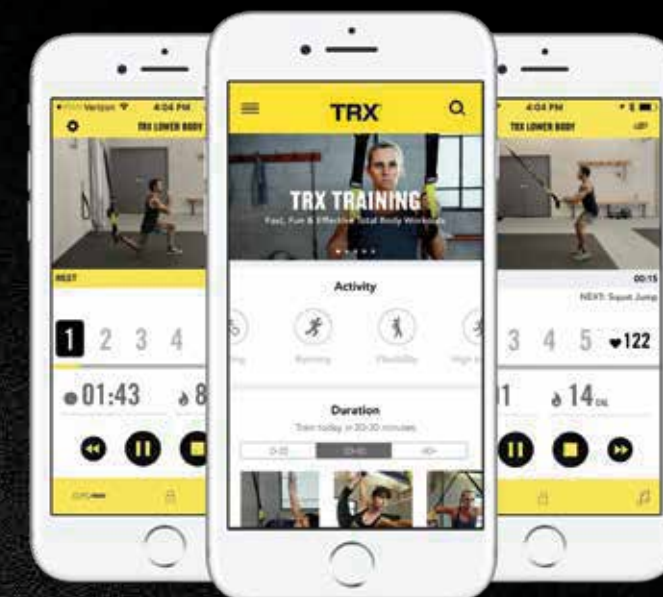
**1 TRX APP**  
**Personalized Fitness App for Members & Consumers**  
Interactive audio workouts from professional trainers that react in the moment to guide and motivate users.

**2 TRX DIGITAL PRO APP**  
**Connects Your Gym with Your Members**  
Allows you to drive utilization in the various spaces in your facility and deliver dozens of personalized workouts to members (based on TRX MAPS results and member preferences).

**3 TRX MAPS** Powered by **PHYSMODO**  
**A Virtual Movement Assessment Tool**  
This simple-to-use device allows you to perform complete body movement assessments in less than 25 seconds and then push customized content based on those results.

**1 TRX APP FOR MEMBERS & CONSUMERS**

- Dozens of Suspension Training, multi-modality and cardio workouts customized based on user preferences
- In-ear coaching and dynamic cueing by a real trainer – workouts and cueing adjusted based on the user's heart rate
- VO<sub>2</sub> max so users can track their cardiovascular progress
- Non-members can find your facility by entering a zip code in the "Find a Gym" feature
- Connects to most wearables



**2 TRX DIGITAL PRO APP FOR GYMS**

- Drive utilization in the various spaces in your facility
- Deliver dozens of personalized workouts to members based on TRX MAPS results
- Push TRX group programming directly to your trainers
- Educational content for trainers and staff

**3 TRX MAPS** Powered by **PHYSMODO**

- Scans the body in less than 25 seconds then pushes personalized workouts via TRX Connect
- Enables users to fast-track their fitness goals and start moving better on day one
- Users are encouraged to do a scan before and after any workout



Identifying movement can be critical not only in recognizing an individual's risk for injury but also in designing programs for that individual.

-Journal of Athletic Medicine, April 2016 Study

## TRX MAPS Powered by PHYSMODO

Developed to get members moving better, TRX MAPS performs a complete body movement assessment in less than 25 seconds. The results are delivered immediately via TRX Connect, with prescribed corrective exercises that target areas of weakness. This simple-to-use device can be used by staff and members to deliver customized training programs and to track real-time progress.

**IN PROFESSIONAL HANDS,** TRX MAPS is a proven personal training lead gen tool, driving inquiries and more effective training sessions.

**FOR CONSUMERS,** TRX MAPS offers personalized, results-oriented data that can be used as a closing tool, to attract and retain members...and it's fun too!

## HOW IT WORKS



### ASSESS & IDENTIFY:

User stands in-front of scanner and performs three squats.

In less than 25 sec, a composite score is generated based on an individual's range of motion, stability, posture and symmetry.



### PRESCRIBE & PERFORM:

Based on the score, you will be able to send corrective workouts, via TRX Connect, mapped to the individual's needs.

The user will then receive a customized set of exercises that address each movement deficiency.

