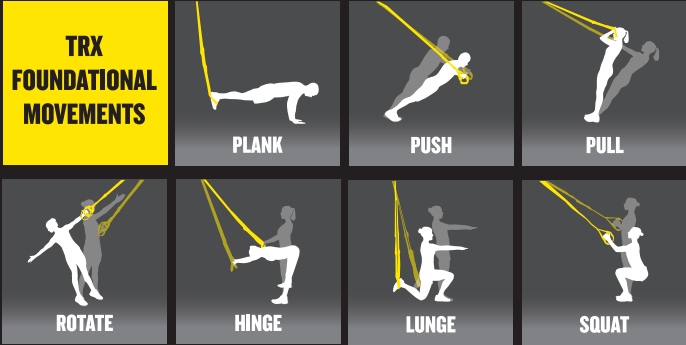
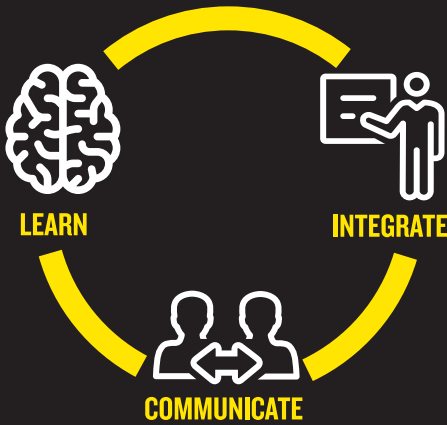




# TRX<sup>®</sup> ACADEMY

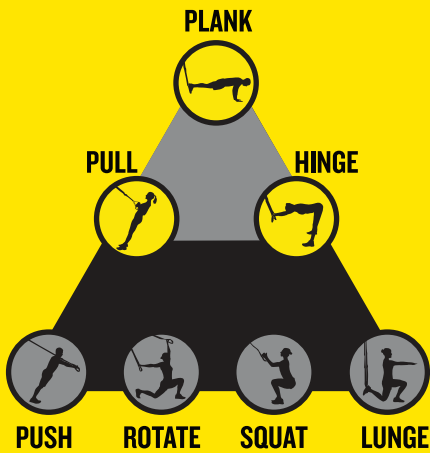
## A SYSTEMATIC APPROACH TO COACHING BASED ON FOUNDATIONAL MOVEMENTS



## SYSTEMS/METHODOLOGIES/FORMULAS

### TRX FOUNDATIONAL MOVEMENTS

#### SET THE STANDARDS



### WHAT SHOULD BE STABLE VS MOBILE



STABLE MOBILE

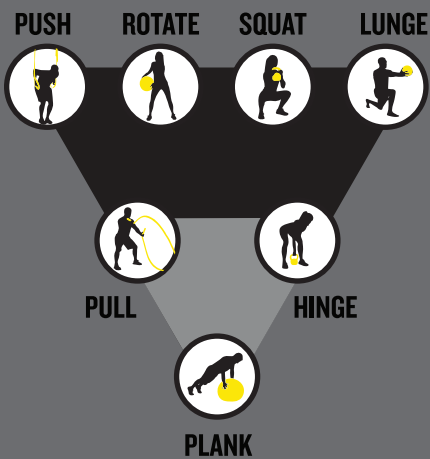
### COMMUNICATION & CONNECTION

#### TRX CUEING FORMULA: NAPS-MR

- N**AME: of the exercise
- A**DJUSTMENT: of Suspension Trainer™
- P**OSITION: relative to the anchor point
- S**TART: body alignment
- M**OVEMENT: from start position to midpoint
- R**ETURN: from midpoint to end/start position

### STANDARDS REMAIN/CONDITIONS CHANGE

#### APPLY STANDARDS TO OTHER MODALITIES



### EXTERNAL CUEING

#### TRX SWING THOUGHTS

- PLANK:** "Body like a surfboard"
- PULL:** "Bend the bar"
- HINGE:** "Pull up your pants"
- PUSH:** "Push the earth away"
- ROTATE:** "Rotate like a cylinder"
- SQUAT:** "Touch the chair"
- LUNGE:** "Elevator not an escalator"

[ADDRESS COMMON FAULTS]

### COACH THE SYSTEM

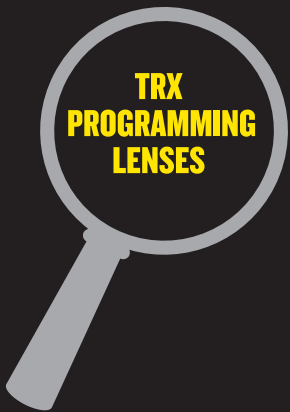
#### TRX COACHING METHOD



- FOCUS** ON YOUR MOVEMENT
- LEARN** YOUR PROGRESSION
- APPLY** THE TRAINING LOAD
- CHALLENGE** YOUR LIMITS

[BRING IT ALL TOGETHER]

## PROGRAMMING VARIABLES



- SELECTION** based on Foundational Movements
- SEQUENCE** design effective progressions
- SPEED & TEMPO** fast and explosive or slower and controlled
- PLANES OF MOTION** train how the body moves
- WORK:REST** optimize results

MOVEMENT IS  
THE FOUNDATION  
FOR HEALTH,  
PERFORMANCE  
AND RESILIENCE."

-CHRIS FRANKEL, TRX HEAD OF HUMAN PERFORMANCE