

Untwisting Your TRX Suspension Trainer



At left is a TRX with a twisted strap. See the strap has wrapped around the TRX.



Notice the Adjustment Tab has flipped to the back of the strap.



To undo the twist, fold the strap under the adjustment tab loop (at left).

There are times when the handle has been looped through the adjustment area. In this case, you will feed the handle back through the adjustment loop (at right).

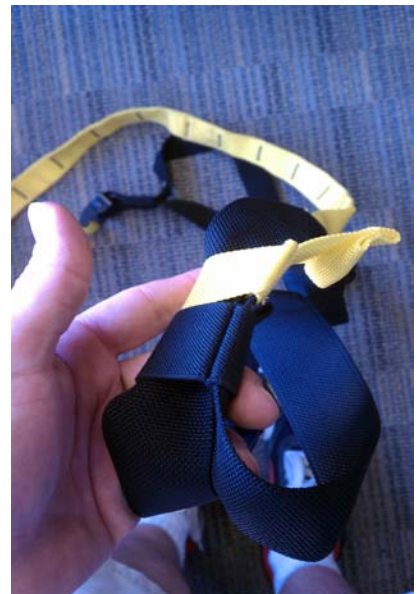


The strap lies flat, and the adjustment tab is on front of the strap again (at left).

If that does not work, take the twisted portion of the TRX strap and fold it in half (at right).



Once the strap is folded in half, you will pull it through the cam buckle (at left).



Your TRX will be untwisted at this time, but the adjustment tab and elastic support will be flipped to the back side (at right). You will flip the main strap, and you are set!