

TRX Rip Training Course Agenda

	Section	Projected Start Time	Estimated Duration
1	Introduction and Goals	9:00 AM	0h 15m
2	TRX Rip Training Overview	9:15 AM	0h 20m
3	Rip Training Workout	9:35 AM	0h 50m
	Break	10:25 AM	0h 10m
4	Set Up and Anchoring	10:35 AM	0h 20m
5	Basic Use and Applied Science	10:55 AM	0h 45m
6	Foundational Movement: Introduction	11:40 AM	0h 50m
	Lunch	12:30 PM	0h 60m
7	TRX Trainer Resources	1:30 PM	0h 15m
8	TRX Cueing	1:45 PM	0h 10m
9 A	Foundational Movements Application Part 1 (Push, Pull)	1:55 PM	0h 50m
	Break	2:45 PM	0h 10m
9 B	Foundational Movements Application Part 2 (Rotate, Strike)	2:55 PM	0h 50m
10	Improv Workouts	3:45 PM	0h 60m
11	Course Recap and Wrap up	4:45 PM	0h 15m
End Time and Total Duration		5:00 PM	8h 00m