

TRX Sports Medicine Overview

	Section	Projected Start Time	Estimated Duration
1	Introduction and Objectives	9:00 AM	0h 10m
2	TRX Continuum	9:10 AM	0h 10m
3	TRX Competency Review and TRX Cueing	9:20 AM	0h 30m
4	TRX Foundational Movement Plank	9:50 AM	0h 25m
5	Spine Case and TRX Core Exercise Library	10:15 AM	0h 45m
	Break	11:00 AM	0h 5m
6	TRX Foundational Movements Press and Pull	11:05 AM	0h 50m
7	Shoulder Case and TRX Upper Extremity Exercise Library	11:55 AM	0h 45m
	Lunch	12:40 PM	0h 45m
8	TRX Foundational Movements Squat and Lunge	1:20 PM	0h 50m
9	Ankle Case and TRX Lower Extremity Exercise Library	2:10 PM	0h 35m
	Break	2:45 PM	0h 10m
10	Case Scenario 1 (10 minute frame up)	2:55 PM	0h 45m
11	Case Scenario 2	3:40 PM	0h 35m
12	Case Scenario 3	4:15 PM	0h 35m
13	Key Points Review and Wrap Up	4:50 PM	0h 10m
	End Time and Total Duration	5:00 PM	8h 00m