

# TRX<sup>®</sup> GROUP TRAINING

## FAQ

### What is TRX suspension training?

Developed by Navy SEALs, the TRX suspension trainer is a highly portable training tool that leverages gravity and the users body weight to develop strength, core stability, flexibility, and balance.

### What does TRX stand for?

TRX stands for **T**otal body **R**esistance **eX**ercise.

### What are the benefits of training with the TRX?

The TRX suspension trainer provides a fast, effective, and fun total body workout. By performing whole body movements using the TRX you will develop a rock solid core and increase muscular strength and endurance. Plus, its so much fun you won't even feel like you are working out!

### How do I know if TRX is right for me?

Using exercise progressions and regressions, TRX suspension training can be tailored to meet the needs of exercisers ranging from advanced beginners to elite athletes. While TRX training is appropriate for a wide range of people, individuals with existing injuries or concerns should consult with a doctor before participating.

### What is small group TRX circuit training?

This fast paced workout circuit workout uses timed intervals to perform a wide array of exercises using the TRX and other modalities for an amazing total body cardio and strength workout. Because group size is no larger than 6 people, participants will receive more individualized "hands on" attention as well as customized modifications and progression when appropriate.

#### TWO OPTIONS FOR TRAINING

*Choose to train **ONCE** or **TWICE** per week. 4-week sessions.*

**Two sessions per week option - \$149**

**One session per week option - \$75**

Various times are available:

Tuesday, Wednesday, Thursday & Saturday

