

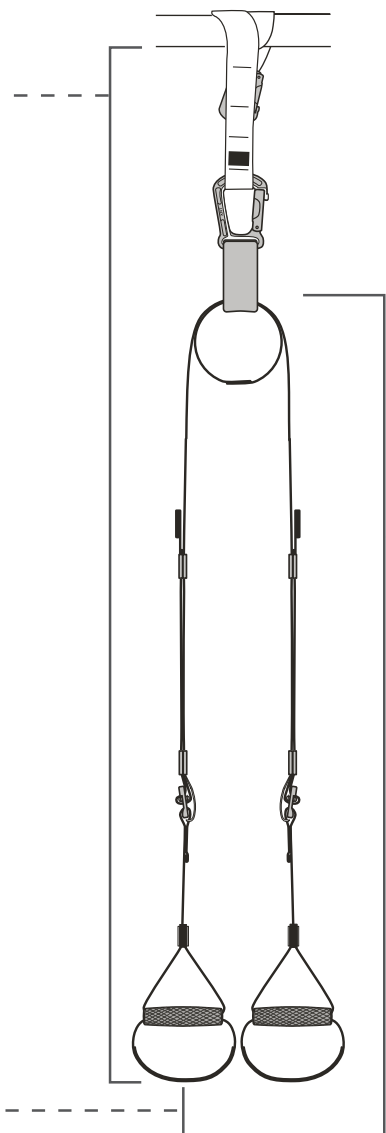
SET UP AND ANCHORING

TRX SUSPENSION ANCHOR

The detachable Suspension Anchor comes with the Suspension Trainer. This three foot length of nylon webbing is composed of a carabiner, intermediate anchor loops and the main anchoring loop that supports the Suspension Trainer. The Suspension Anchor must be anchored properly in order to perform all Suspension Training exercises correctly and safely.

ANCHORING THE SUSPENSION TRAINER

When setting up the Suspension Trainer the anchor point should be 7 to 9 ft high and strong enough to support your full body weight.



Adjust the Suspension Anchor or Xtender so the black Equalizer Loop hangs 6 ft off the ground.

When anchored at the proper height and the Suspension Trainer fully lengthened, the bottom of the foot cradles should hang 3 in off the ground.

TRX SUSPENSION TRAINER OVERVIEW

The TRX Suspension Trainer you see today was created after years of extensive research and development in the field. It is constructed to exceed the demands of the most extreme training environments, so you can train your Athletes with confidence.


COMPONENTS OF THE TRX SUSPENSION TRAINER

Suspension Anchor	1
Intermediate Anchor Loops	2
Anchor Carabiner	3
Main Carabiner	4
Equalizer Loop	5
Locking Loop	6
Adjustment Tabs	7
Cam Buckles/Barrel Locks.....	8
Handles	9
Foot Cradles	10
Main Strap	11

- Industrial grade nylon webbing
- Adjustable non-slip cam buckles
- Club grade grips and integrated foot cradles with neoprene padding

CONSTRUCTION DETAILS

- Sturdy carabiner
- Total TRX Suspension Trainer weight: 1.79 pounds

 TIP: The TRX Suspension Trainer will safely support users applying force up to 350 pounds.

