

THE TRX STORY



Born out of necessity in the US Navy SEALs as a means to staying fit regardless of the location or circumstances, TRX® has evolved to become the world's leading brand in Functional Training.

THE VISION

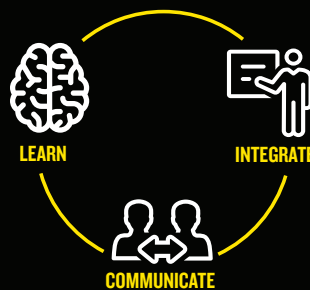
Movement is the foundation of better



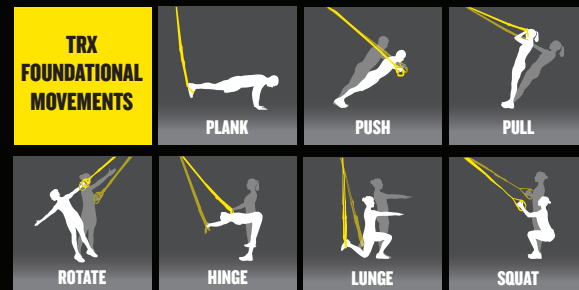
THE GOAL

Enable pros to coach better with a system built upon TRX Foundational Movements

TRX® TRAINING PHILOSOPHY



A SYSTEMATIC APPROACH TO COACHING BASED ON FOUNDATIONAL MOVEMENTS

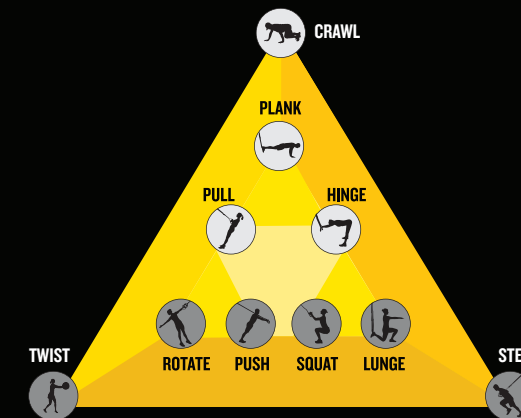


ALL LEVELS | ALL GOALS | ALL MODALITIES
ONE-ON-ONE & GROUP ENVIRONMENTS

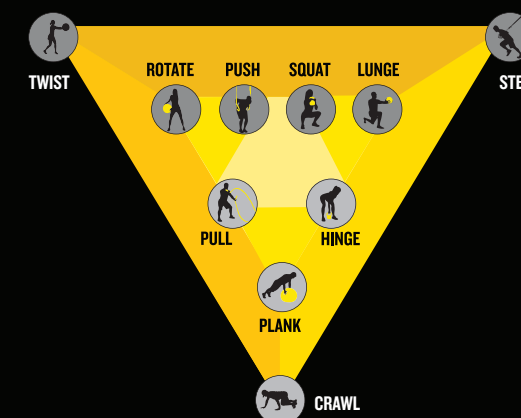


SYSTEMS

TRX FOUNDATIONAL MOVEMENTS
SET THE STANDARDS ON THE SUSPENSION TRAINER

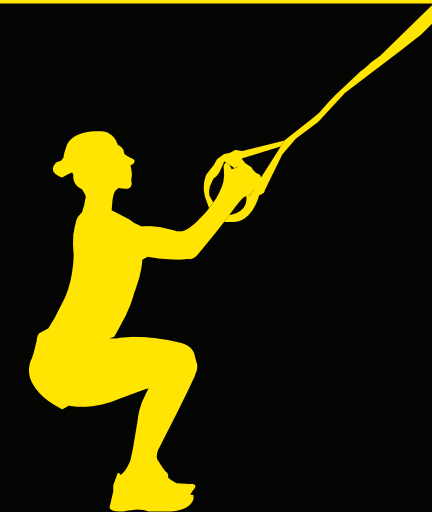


STANDARDS REMAIN/CONDITIONS CHANGE
APPLY STANDARDS TO OTHER MODALITIES



[STANDARDS = MOVEMENT | CONDITIONS = MODALITY]

METHODOLOGIES



STABLE MOBILE

WHAT SHOULD BE STABLE VS MOBILE

At TRX we define the standard of each Foundational Movement based on what should be STABLE and what should be MOBILE

FORMULAS

COMMUNICATION & CONNECTION
TRX CUEING FORMULA: NAPS-MR

NAME: of the exercise

ADJUSTMENT: of the tool/modality

POSITION: relative to anchor point or tool/modality

START: set up for start of the exercise

MOVEMENT: from start position to midpoint

RETURN: from midpoint to end/start position

IT'S NOT WHAT YOU *KNOW*,
IT'S WHAT YOU CAN *COACH* THAT
MAKES YOU VALUABLE TO
YOUR CLIENTS AND ATHLETES.



TRX® ACADEMY

TRX delivers a foundational movement-based framework that's systematically applicable to any level, goal, and piece of equipment.

FOUNDATION



SPECIALIZATION



CERTIFICATION



TRX SUSPENSION
TRAINING COURSE

TRX FUNCTIONAL
TRAINING COURSE

TRX GROUP
TRAINING COURSE

TRX ADVANCED GROUP
TRAINING COURSE

EXTERNAL CUEING TRX SWING THOUGHTS

TRX Swing Thoughts use imagery based cues to help your clients better understand and correct their faults. Each Swing Thought maps to a TRX Foundational Movement.



PLANK: "Body like a surfboard"



PULL: "Bend the bar"



HINGE: "Pull up your pants"



PUSH: "Push the earth away"



ROTATE: "Rotate like a cylinder"



SQUAT: "Touch the chair"



LUNGE: "Elevator not an escalator"

[COACH COMMON FAULTS]

COACH THE SYSTEM TRX COACHING METHOD



FOCUS ON YOUR MOVEMENT

LEARN YOUR PROGRESSION

APPLY THE TRAINING LOAD

CHALLENGE YOUR LIMITS

[BRING IT ALL TOGETHER]

TRX PROS ARE FACEUP

The cultural traits of TRX will help you succeed.

FUN: Smile and greet clients by name. Bring joy to every session.

AUTHENTIC: Be real and be reliable. Embrace your unique strengths. Strive to embody behaviors that make you feel proud of yourself.

COMPETITIVE: Work hard. Play hard. Always be actively learning. Become a little bit better every single day.

EFFECTIVE: Prepare well in advance. Show up early. Be accountable for the experiences you create and for the results you deliver.

UNITED: Be a team builder, a person genuinely interested in helping others, who brings people together.

PHYSICAL: Embrace the benefits of a Training Pro's life. Stay in shape. Walk your talk. Take care of yourself to inspire others.

#TRX #FACEUP

TRX®

PRO'S GUIDE
TO BETTER

MAKE YOUR BODY YOUR MACHINE®