



TRX Rip Trainer Basic Kit



The TRX Rip Trainer is the newest member of the TRX family. Develop more rotational strength, speed and core stability with its help and improve your endurance at the same time with the intensive (metabolic) workout.

CHF 219.00

- Consists of elastic band with bar
- Requires balance and muscle use
- Workout boosts metabolism
- Easy to transport and quickly ready for use
- Light weight of only 2.3 kg

The TRX Rip Trainer consists of a bar attached to an elastic band. The band, like the TRX Suspension Trainer, can be fixed in different ways. The aim of the exercises is to work against the resistance of the elastic band by means of powerful movements from the entire body. It is a high-intensity, full-body workout with minimal equipment. This makes the TRX Rip Trainer the perfect complement to the TRX Suspension Trainer.

With the help of the TRX Rip Trainer, rotational strength, speed and core stability are trained and endurance is improved. In addition, this metabolism-oriented training stimulates fat burning through many repetitions and complex exercise sequences and can also be used for the targeted elimination of physical imbalances.



The TRX Rip Trainer can be used in a variety of ways: from physiotherapeutic applications to strengthening everyday movements such as lifting objects from the side. The TRX Rip Trainer is equally popular with people who play sports that emphasize rotation and unilateral movement sequences, such as golf, tennis or rowing. Here, entire movement sequences can be simulated under resistance. There is no age restriction when training with the TRX Rip Trainer. It can be used by ambitious recreational and professional athletes of all ages.

The most important training effects are muscle, coordination, endurance, rotation training and speed.

When training with the TRX Rip Trainer, a basic tension is permanently maintained during each exercise, which strengthens the deep muscles and automatically trains the core muscles as well. This is not achieved with conventional equipment training. Since the Rip Trainer is constantly in motion due to the resistance of the rubber band, the small muscles close to the joints are also activated. This instability results in a much higher training stimulus.

- **TRX Rip Trainer Basic Kit includes TRX Rip Trainer (support bar with non-slip handles) and with Medium Resistance Cord (medium strength elastic resistance band - with 9kg resistance**, recommended for exercisers with a body weight from 50kg to 64kg), Workout Guide, a door anchor and a high quality nylon transport bag.
- Rip trainer made of high quality steel. Can be disassembled into two compact halves for easy transport, includes safety strap
- 2 kg light
- Can be used anywhere: at home, outdoors, in the gym and while traveling
- High quality workmanship, no body size restrictions
- training area: approx. 4,50 x 1,60m
- Fixing point: depending on the exercise: recommended height from the floor approx. 1,50m
- Suitable attachment points: load-bearing beams, cable pulls, railings, trees, fences, doors (in conjunction with the door anchor): for particularly thick beams and trees, the TRX Extender serves as an extension.

Resistance levels:

1. long lever (wide grip position) = resistance lighter
2. short lever (narrow grip position) = resistance heavier