



## TRX PRO System Suspension Trainer



The fourth generation of the TRX PRO. The ultimate solution for ambitious athletes, fitness professionals and trainers. The TRX Suspension Trainer PRO is the perfect tool for trainers from all areas of sports. It has been specially designed and assembled to meet the high demands of professional training: higher load capacity, lighter weight, fast and flexible suspension, anti-theft, access to extensive training library with focus on planning and execution, intensity design and error management, exercise variety.

**CHF 269.00**

- Trains strength, endurance, balance and flexibility
- Includes workout guide for 8 weeks
- Easy and quick to assemble
- Maximum load capacity of 450 kg
- Over 300 exercises for every part of the body

### **Benefits**

Increase your athletic performance. Suspension training builds increased muscular balance, joint stability, flexibility and "core" strength (abdominal muscles and lower back muscles). It will improve your posture and prevent injuries.

### **Strengthen your "Core"**

Trained abs please everyone. However, it is more important to build resilience from the core of the body,



which will improve posture and prevent injury. All of our movements are controlled from the upper body - abdominal muscles and lower back muscles support the spine every day and help us work out and do other physical activities. In each exercise of TRX Suspension Training, the body is challenged to maintain balance. The abdominal muscles and the lower back muscles ("core") take care of this and thus require coordination of movements, which in turn automatically trains them.

**Unparalleled versatility**

The TRX Suspension Trainer has unparalleled versatility compared to expensive fitness equipment. It is the only fitness equipment that trains the whole body, replacing various other equipment at the same time.

**Portable and easy to assemble**

Weighing only 650g, the TRX Suspension Trainer is easy to take anywhere and can be assembled in less than a minute. In addition, it can be easily packed for portability. TRX allows you to train anywhere you want, for example at home, in nature or in a TRX Suspension Training class.

**Be fit for life**

In daily life we move in all directions, over and over again. A good workout would have to take that into account. Unlike traditional workouts with weights where movements are guided and linear, TRX Suspension Training promotes a multi-planar workout that integrates your everyday movements.

**Highest Quality Workmanship**

Each TRX is manufactured to the highest industrial guidelines and has belt clamps, non-slip handles and foot restraints. Certified for authenticity by hologram and serial number.

- Width of the highest quality nylon strap: 4cm.
- Load capacity of the highest quality nylon strap: up to 600kg
- Double stitching with resilient and durable nylon thread
- Corrosion resistant carabiner - lockable and loadable up to 600kg
- Handles - high quality, padded, non-slip solid rubber handles - robust, durable, hygienic, antibacterial
- Size-adjustable foot rests covered with neoprene to prevent slipping - the adjustable foot straps (Velcro) allow perfect training even for people with small feet
- padded triangles above the handles - protection for the forearms especially during exercises like push-ups or dips.
- individually adjustable length of the nylon straps - low-profile steel slide length adjustment - enormously simple operation
- patented balancing loop for optimal training performance especially during single arm exercises
- weight of only 650g
- loadable up to 159kg
- Version 4

**The TRX Suspension Trainer PRO package includes:**

- TRX Suspension Trainer PRO - completely redesigned TRX Suspension Trainer, improved steel sled belt length adjustment, 3.8cm wide industrial nylon processed to the highest standards, loadable up to 600kg, non-slip and durable rubber grips, patented Kevlar balancing loop, weight 650g.
- TRX Suspension Anchor with intermediate anchoring loops (For anchoring to trees, gates, posts,



TRX Xmount, etc.).

- TRX Door Anchor PRO (for anchoring to doors) - black door anchor made of nylon and foam, covered with felt to prevent damage to the door.
- TRX Xtender (for high and wide anchor points) - 4cm wide industrial nylon processed according to the highest standards. Length 90 cm, color yellow
- Programming - TRX Trainer online library with info on intensity design, identification/correction of error patterns, extensive exercise catalog. 5 Workout Cards (in English language)
- ausführliche training manual
- TRX Wristband - Stylish silicone band with TRX and Make Your Body Your Machine print
- TRX Storage Bag - High quality storage and transport bag
- TRX Wristband