



## TRX Home 2 Suspension Trainer



TRX Suspension Trainer Home 2 - The further development of the most successful sling trainer in the world.

CHF 219.00

- Holistic training solution with low weight, ideal also for on the go
- Complete and effective full-body workout in only 20 minutes and with over 300 exercises
- Comfortable foam rubber grips and a balancing loop for exercises with only one arm
- Detailed workout instructions and extensive workouts via poster and app
- Load capacity: 160 kg
- Material: polyamide, rubber

TRX Suspension Trainers are the original sling trainers and the worldwide market leaders. They are unmatched in product quality, workmanship and user-friendliness. The included training program is the most comprehensive on the market and through years of research is ideally suited for beginners to professional athletes.

The TRX Suspension Trainer HOME 2 is the latest model of the world's best-selling sling trainer. It is the holistic training solution and a lightweight that is also ideal for training on the go.



With the TRX Suspension Trainer HOME 2 you can perform over 300 exercises for the whole body. Due to the high training intensity, 20 minutes of training are completely sufficient. In this short time you can perform a complete and effective workout for the entire body with the TRX band.

The TRX HOME is the all-rounder among the sling trainers. The well thought-out product content and training instructions make it attractive for beginners as well as for advanced users.

New features such as adjustable foot loops and padded belt areas above the handles make working out with this TRX trainer even more comfortable and effective. The new design inspires.

- Highest quality in product and workmanship
- Enormously handy - The TRX Trainer weighs only 650g
- Robust, durable and comfortable foam rubber grips
- Detailed training instructions and many workouts - Access to TRX APP and poster (free one-year subscription with TRX App)
- Door anchor included free for super-fast suspension at home and while traveling.
- Patented balancing loop for optimal workout performance especially for single arm exercises.
- Steel sled length adjustment makes it incredibly easy to use
- Size-adjustable footstraps - optimal even for those with small feet
- Padded strap areas over the handles: effectively prevent forearms from chafing during exercise
- Material strap: industrial nylon. Strap width 3cm
- Material handles: Sponge rubber
- Included attachment options: TRX Suspension Anchor with intermediate anchor loops (For anchoring to trees, gates, posts, TRX Xmount, etc.), TRX Door Anchor PRO (For anchoring to doors).
- Max. Load capacity: 159kg
- Color: Black / Yellow / Grey
- Authenticity certified by hologram and serial number

#### Package contents:

- TRX Door Anchor for super fast suspension at home and on the road
- TRX Suspension Anchor
- detailed training instructions and many workouts
- poster
- workout calendar
- TRX Wristband