



## TRX Move Suspension Trainer



TRX MOVE SYSTEM is ideal for workouts for all fitness levels and for all goals! It's fun, fast and effective and helps you burn fat and build core muscles. With the TRX MOVE SYSTEM you can design your workout from over 300 exercises for the whole body and reach your training goal. The device is anchored in less than a minute, so you can do your workout anytime and anywhere.

**CHF 119.00**

- Fitness poster with 2 complete workouts and several exercises translated into 7 languages.
- Increases muscle activation, reduces risk of injury and accelerates results
- Train quickly and effectively in as little as 15 minutes per day
- 3 video workout downloads
- Perfect for any age, any level and any goal

The TRX MOVE system is designed to start fitness training to move better in everyday life and sports. If you want to burn fat, build muscle, improve core strength and flexibility, the TRX MOVE System is the next tool to add to your fitness bag. One product - countless movements - endless possibilities.

Whether you want to lose weight, build muscle or strengthen your back, you'll be able to do it with the TRX MOVE SYSTEM. Due to the high effectiveness of the training, a complete workout is possible in only 20 minutes.

- Fitness poster with 2 complete workouts and several exercises translated into 7 languages.
- Use your own body weight and adjust the intensity of your workouts



- Scientifically validated and proven to activate more muscles, leading to more results in less time.
- Training with the TRX Suspension Trainer has been proven to increase muscle activation, reduce the risk of injury and accelerate results.
- Easy to pack to travel, yet durable enough to give you fun, fast and effective results in as little as 15 minutes a day.
- Perfect for any age, any level, any goal.

Each suspension trainer is certified for authenticity by hologram and serial number. Suitable for home use.