



# TRX IS HERE!

*WORKOUT USING THE TRX  
SUSPENSION TRAINER*

Originally developed by a Navy Seal to maintain fitness in the field, your club now offers this workout option. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. If you've never used a TRX please be sure to ask a trainer for direction. The TRX may be checked out at the Athletic Center Front Desk.

### *The TRX Suspension Trainer:*

- ✓ Delivers a fast, effective total-body workout
- ✓ Helps build a rock-solid core
- ✓ Increases muscular endurance
- ✓ Benefits people of all fitness levels (pro athletes to seniors)
- ✓ Can be set-up anywhere

See more at: <http://www.trxtraining.com/suspension-training>