

MAKE IT  
PERSONAL™

TRX®

TRAINING SOLUTIONS PERSONALISED FOR  
YOUR MEMBERS. TRAINERS. BUSINESS.





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MAKE IT  
PERSONAL™

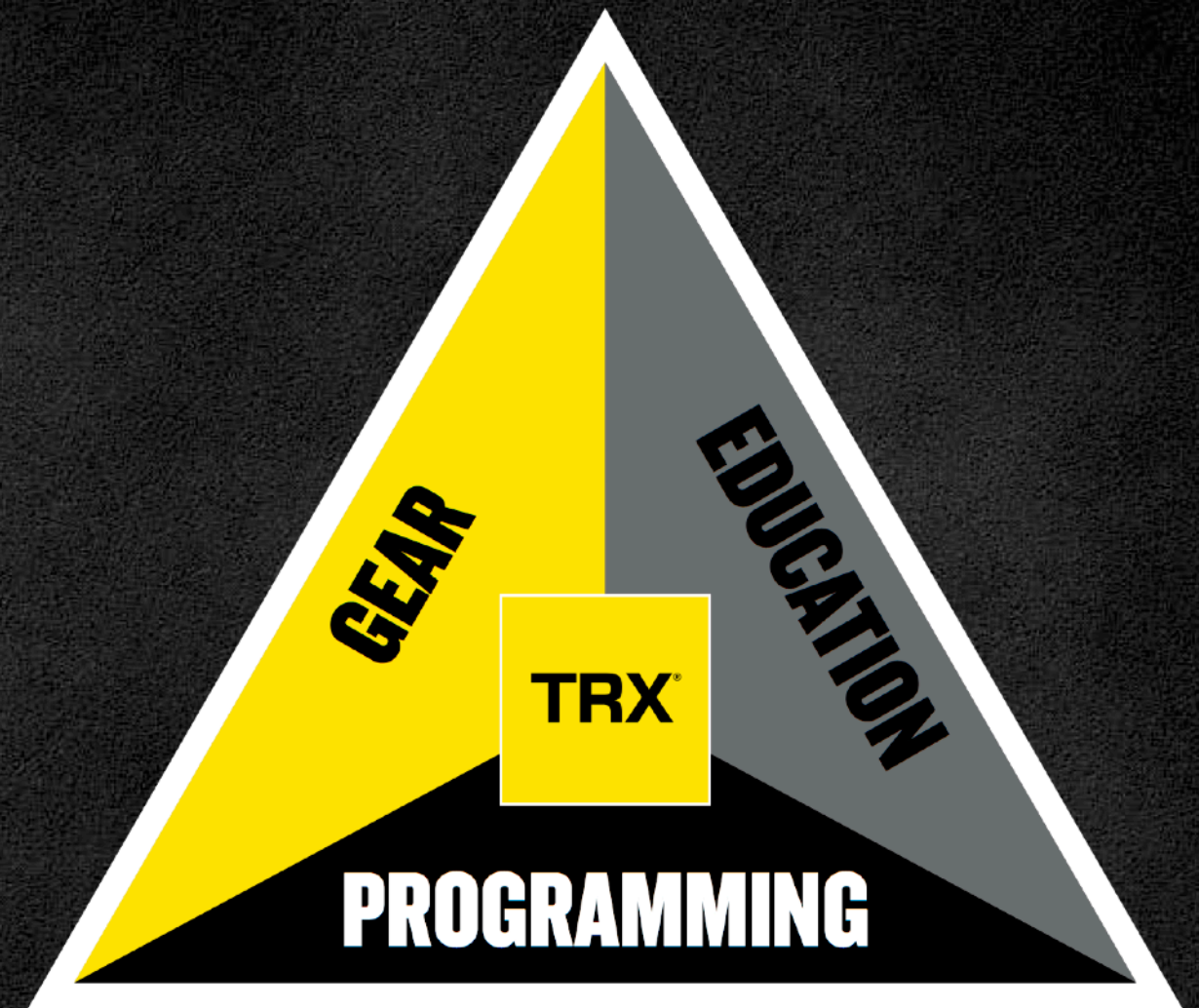
TRX®

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# TRAINING SOLUTIONS **PERSONALIZED** FOR YOUR MEMBERS, TRAINERS, & BUSINESS.



Since the dawn of man, humans have practiced some form of functional training. It is the most natural and efficient way to improve the form and “function” of the human body. By design, functional training aims to improve one’s health and vitality by mimicking the way we move in sport and life.

At TRX, we believe that functional training – both literally and figuratively – is a progressive **movement**. This progression demands an integrated platform of innovative equipment, professional

education, and dynamic programming – and ultimately, a technology that links them all together.

This year, TRX has upped the game with TRX CONNECT, a digital platform that allows you to deliver truly personalized functional training experiences to your members so that they can reach all of their goals.

//Make it Personal with TRX



# TRX GEAR

COMMERCIAL SUSPENSION TRAINER / FUNCTIONAL TRAINING TOOLS /  
DUO TRAINER / RIP TRAINER / TRAINING ZONE SOLUTIONS

MAKE IT  
PERSONAL™

TRX®



//GEAR: TRAINING TOOLS

# TRX COMMERCIAL SUSPENSION TRAINER™

Based on 12 years of feedback and testing, we have created our best Commercial Suspension Trainer to date. Designed to meet the demands of high-volume usage in commercial environments, the new TRX® Suspension Trainer™ combines a fresh new look and updated features to be our most durable and user-friendly product yet.

## FEATURES



### ADJUSTABLE FOOT CRADLES

Custom fits to any foot size to prevent slippage. Cushy padding for comfort.



### PADDED TRIANGLES

Smooth, padded webbing enhances comfort.



### ANTIMICROBIAL RUBBER HANDLES

Microban® technology prevents the spread of bacteria & anti-slip texture increases grip.



### LOCKING CARABINER

Keep your investment safe and secure.





## //GEAR: TRAINING TOOLS

# NEW TRX FUNCTIONAL TRAINING TOOLS

Complete the 360-degree TRX Functional Training experience in your facility with our new line of Functional Training Tools. Each product meets the highest quality standards and is crafted to withstand high-volume use in a commercial environment.



**TRX MEDICINE BALLS**  
10 INCH : 4, 6, 8, 10 and 12 lbs.  
14 INCH : 4, 6, 8, 10, 12, 14, 16,  
18 and 20 lbs.



**TRX SLAM BALLS**  
4, 6, 8, 10, 15, 20, 25,  
30, 40 and 50 pounds



**TRX CONDITIONING ROPE**  
1.5 in. x 30 ft. / 1.5 in. x 50 ft.



**TRX STABILITY BALLS**  
55 in. / 65 in.



**TRX KETTLEBELLS**  
4, 6, 8, 12, 16, 20, 24, 28, 32, 36 and 40 pounds



**TRX PLYO BOXES**  
6, 12, 18 and 24 in.



**TRX STRENGTH BANDS**  
XX-LIGHT .5 in. wide, X-LIGHT .8 in. wide,  
LIGHT 1.15 in. wide, MEDIUM 1.75 in.  
wide, HEAVY 2.5 in. wide



**TRX MINI BANDS**  
X-LIGHT / LIGHT / MEDIUM / HEAVY



**TRX MAT**  
2 ft. x 4 ft. x .5 in.



**TRX FOAM ROLLERS**  
18 in. / 36 in.





//GEAR: TRAINING TOOLS

## TRX DUO TRAINER™

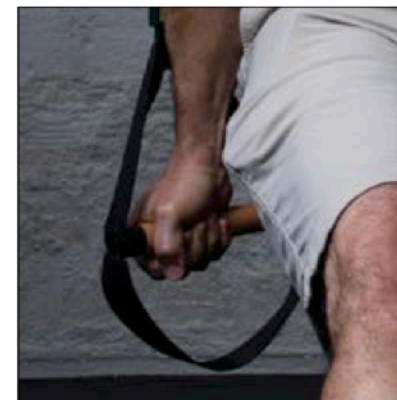
The TRX® Duo Trainer™ marks an evolution in training equipment. Modeled after classic Gymnastics Rings, the Duo Trainer features enhanced ergonomic design, adjustability, and a full-body integrative system. Created in partnership with best-selling author, coach and founder of Mobility|WOD, Dr. Kelly Starrett, the TRX Duo Trainer allows athletes of all levels tap into greater levels of strength, mobility, endurance, and flexibility.

### FEATURES

THE BENEFITS OF GYMNASTICS RINGS, THE ACCESSIBILITY OF TRX



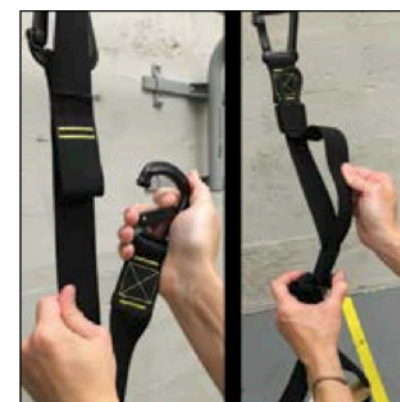
**SAFETY & CONVENIENCE**  
Infinity Anchors & Loops



**INJURY PREVENTION**  
Straight handles & proper alignment



**TRAINING VERSATILITY**  
Mobile Grips



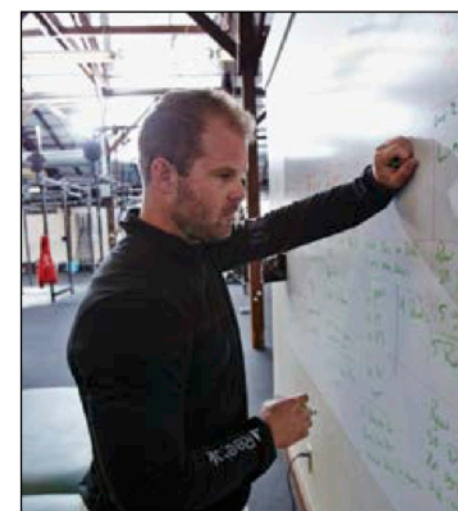
**MACRO + MICRO ADJUSTABILITY**  
Infinity Loop & Mobile Grip adjustment



**TRAINING OPTIONS**  
Foot cradles



**CIRCUIT TRAINING**  
A whole new experience



The TRX Duo Trainer was created in partnership with New York Times best-selling author, coach and founder of MobilityWOD, Kelly Starrett, DPT. Starrett teaches coaches and athletes worldwide how to use strength and conditioning movements to predict and resolve inefficiencies that lead to decreased performance and injury.





## //GEAR: TRAINING TOOLS

# TRX RIP TRAINER™

The TRX® Rip Trainer™ is the perfect tool for blasting calories, increasing cardiovascular endurance and developing rotational core strength that mirrors the way you move in sports and in life.

## FEATURES

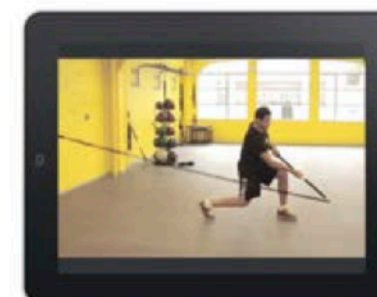
The TRX® Rip Trainer™ can be attached to any secure anchor point for a challenging full-body workout. The innovative system is designed to create a variable, unbalanced load that enables the development of core strength, explosive power, flexibility and cardio endurance.



42 inch-long bar (1.1 m) with commercial-grade rubber handles that disassembles into two pieces for easy portability.



Medium resistance cord with protective nylon safety sleeve and Industrial-strength carabiner rated for maximum durability.

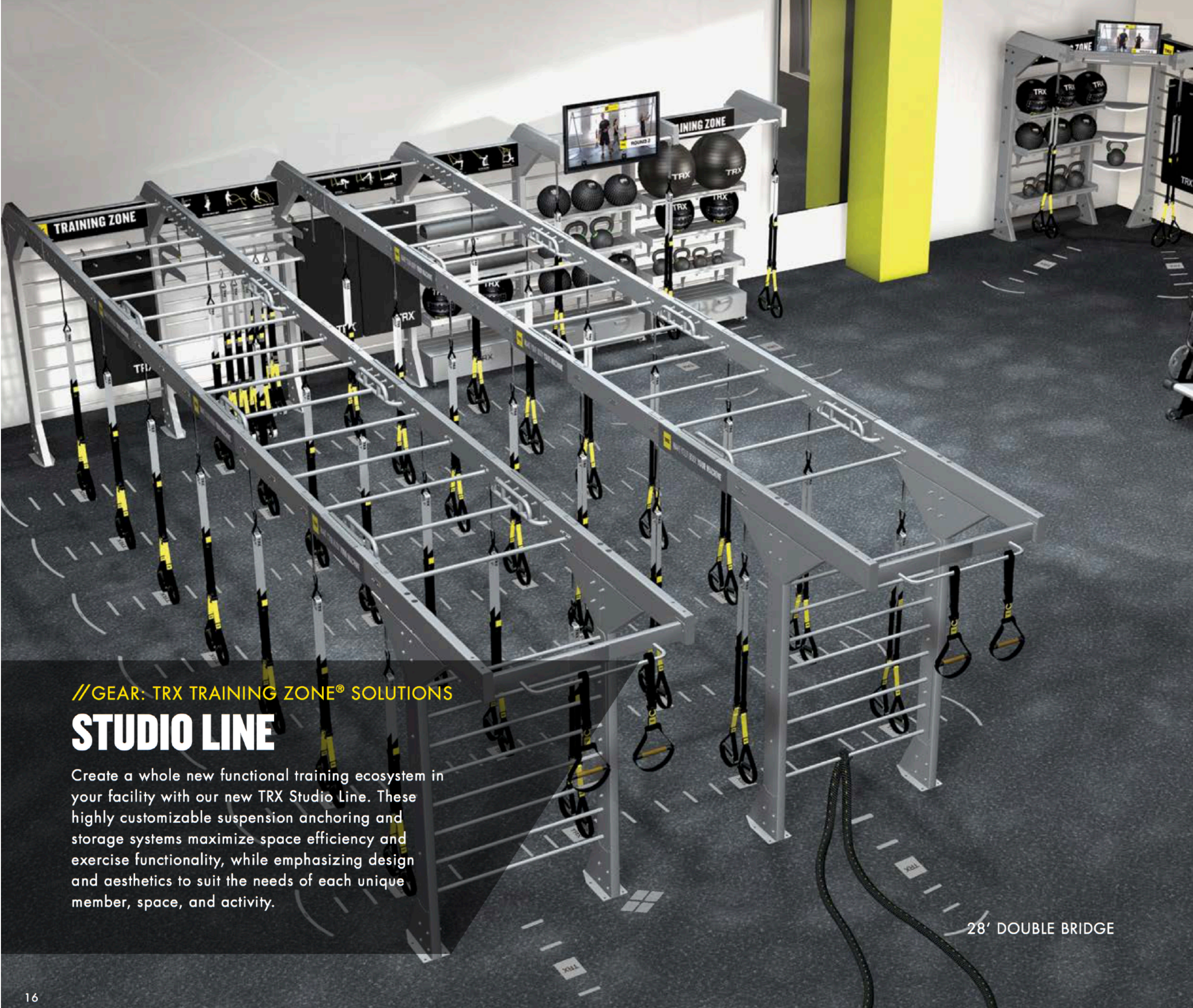


Downloadable instructional video demonstrates 18 different exercises

Safety strap







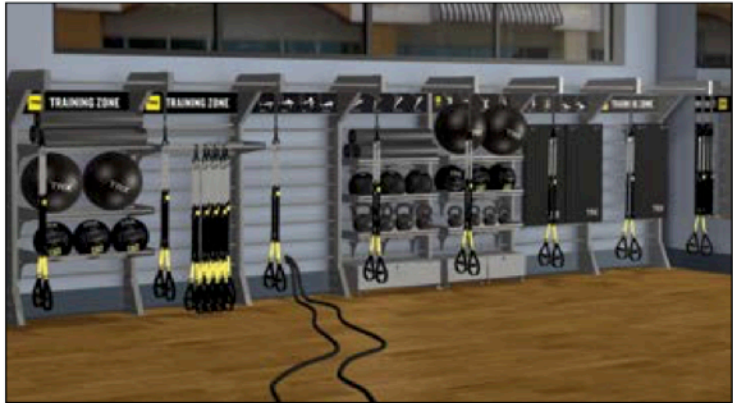
//GEAR: TRX TRAINING ZONE® SOLUTIONS

# STUDIO LINE

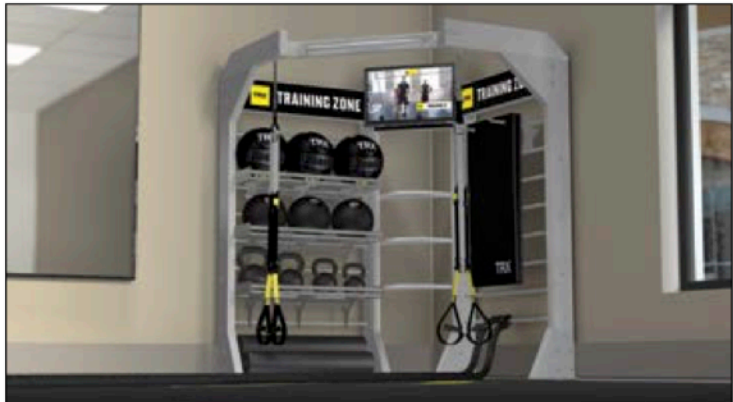
Create a whole new functional training ecosystem in your facility with our new TRX Studio Line. These highly customizable suspension anchoring and storage systems maximize space efficiency and exercise functionality, while emphasizing design and aesthetics to suit the needs of each unique member, space, and activity.

## CONFIGURATIONS TO MEET ANY SPACE

Maximize space, organization and training capabilities anywhere with our TRX Studio Line. These state-of-the-art Suspension Training® and modular storage systems begin with a single bay and grow with infinite customization options.



BAYS



CORNER UNIT



T-UNIT

28' DOUBLE BRIDGE





## //GEAR: TRX TRAINING ZONE® SOLUTIONS

# ANCHORING

Maximize capacity for TRX Training and other functional training workouts with our customized anchoring solutions.



### TRX S-FRAME

The TRX S-Frame is a commercial grade steel, elevated structure that can support up to 22 TRX Suspension Trainers. Ideal for group training, it can also support other hanging exercises and equipment including heavy bags, conditioning ropes, and Rip Trainers.

- Available in 5 ft increments going up to 30 feet max
- Two heights: standard 8'3" tall or elevated 9' tall with monkey bars

### TRX X-MOUNT®

A small and sturdy piece of hardware that provides an easy anchor for one or two TRX Suspension Trainers or Rip Trainers.



### TRX INVIZI-MOUNT™

A sturdy steel plate that can be installed onto a load bearing wall, acting as both an anchor point for your TRX Suspension Trainer and a wall hanger for your favorite photos or artwork.



### TRX MULTIMOUNT KIT

Designed for Suspension Training® and Duo Training™ this sturdy, industrial-grade steel, wall mounted pull-up bar comes in 7 feet increments, enabling you to train more people in less space. An ideal destination for pull-ups and hanging exercises.

The MultiMount can also support heavy bags and provides overhead storage for exercise balls.

### TRX RIP® GROUP STATION

The TRX Rip® Group Training Station supports groups up to 10. Made of high-grade steel, this collapsible station includes a cable and lock.

Wheels allow for easy portability inside or out.

