TRX®



2026 COMMERCIAL CATALOG

WELCOME TO TRX



TRX® founder Randy Hetrick created the original Suspension Trainer to stay mission-ready while he was deployed as a Navy SEAL. “I was looking for a way to pull without any gear, so I came up with this crazy harness idea.”

Hetrick’s idea transformed fitness—proving that it was possible to get an effective, challenging, full-body workout anywhere.

“ THERE’S NOTHING LIKE THE SUSPENSION TRAINER™. YOU CAN DO LITERALLY HUNDREDS OF EXERCISES.”

– RANDY HETRICK

Over the last 20 years, TRX has grown from straps created out of necessity to the global functional fitness leader. Athletes, first responders, trainers, and fitness enthusiasts turn to TRX for world-class training equipment that gets results.



MISSION AND VALUES

TRX HELPS PEOPLE GET STRONGER AND MOVE BETTER WITH **CUTTING-EDGE GEAR, TRAINING**, AND **PROFESSIONAL EDUCATION** THAT IS ACCESSIBLE FOR ALL LEVELS.

TRX
BRAND
VIDEO


TRX COMMERCIAL
SO MUCH MORE
TRX
TRX

TRUSTED AROUND **THE WORLD**

The power of TRX extends far beyond the Suspension Trainer. We've built an engaged, global network of fitness enthusiasts and professionals who know that TRX gets results.

OUR STRAPS ARE

ICONIC



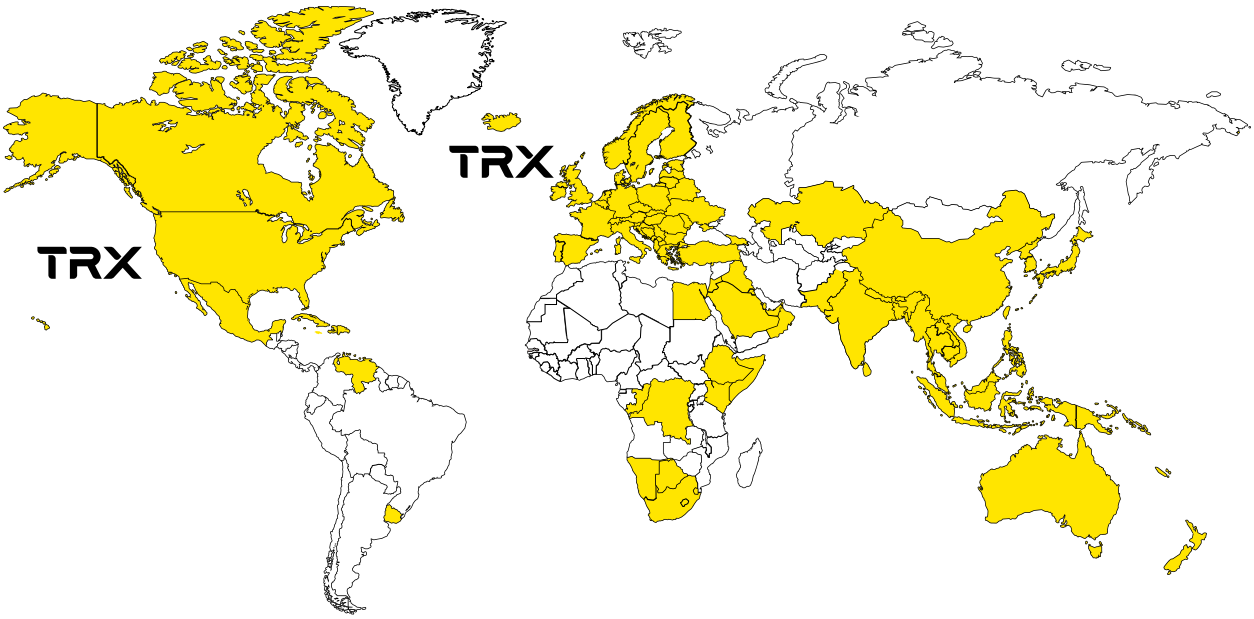
OUR COMMUNITY IS

LEGENDARY



WORLDWIDE DISTRIBUTION

We ship from 56 countries, with offices and studios in the **US** and **UK**.



TRX BY THE NUMBERS

3 MILLION+
SUSPENSION TRAINERS DELIVERED

2 MILLION+
SOCIAL MEDIA FOLLOWERS

300,000
TRX-QUALIFIED INSTRUCTORS

300
TRX MASTER TRAINERS

ACCREDITED WITH

NASM NATIONAL ACADEMY OF SPORTS MEDICINE
ACE APPROVED
AFAA APPROVED PROVIDER
canfitpro
AMERICAN COLLEGE of SPORTS MEDICINE LEADING THE WAY
CIMSPA
NCEP

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TRX COMMERCIAL: ***SO MUCH MORE.***

The leader in functional strength training equipment and education, TRX offers everything you need to deliver a world-class fitness experience.

PROFESSIONAL EDUCATION
Movement-based training meets a progressive approach to coaching.

- Virtual & on-site certifications
- Online courses

FUNCTIONAL TRAINING EQUIPMENT
TRX's premium tools are built to endure high-volume use.

- Suspension Trainers & accessories
- YBells and functional training racks
- Functional training tools
- Dynamic resistance tools

STORAGE SOLUTIONS
Make the most of your space with modular storage and accessories.

- TRX Studio Line
- TRX Bridges
- TRX Bays




TRX
6KG
8KG
4KG


TRAINING ZONE
TRX
TRX
TRX
TRX
TRX


TRX
TRX

INTRODUCING
TRX QUICK START

TRX Commercial strives to offer differentiation.

In our **physical products**. In our **professional education**.
In our **prosumer and consumer-oriented content**.

To help break through today's digital clutter, access to fitness content should be offered in a simple way that breaks through the noise.

Empower your members, trainers, and coaches to train smarter with quick, easy-to-access product orientations, tutorials, and guided workouts streaming straight to their screens.

The **TRX Quick Start Sticker** applies to TRX Studio Line™, YBell® Racks, TRX Racks, or simply the wall.

Users scan to access instructional videos and free HIIT, cardio, mobility, yoga, Pilates, and YBell workout led by world-class coaches.

TRX makes content differentiation simple.



QUICK START STICKER

STICKER PLACEMENT EXAMPLES








TRX
TRX
TRX


TRX



PROFESSIONAL **EDUCATION**

Looking for programming or additional education solutions? We provide support to ensure your teams know how to deliver the best experiences.



TRX'S INDUSTRY-LEADING COURSES AND WORKSHOPS HAVE SET THE STANDARD FOR FUNCTIONAL TRAINING SINCE 2006.

Ready to dive deep into the wide world of TRX tools and modalities? TRX Qualification empowers gym owners, personal trainers, coaches, and clinicians alike to:

- Generate more revenue through group fitness class offerings.
- Diversify personal training capacity and reach new populations.
- Upskill individuals or teams, providing a better client experience.

TRX's professional education courses present the fundamentals, principles, and progressions needed to unlock the full potential of TRX tools and modalities, helping users of all ages, abilities, and fitness levels build strength, improve mobility, and manage the risk of injury.

24,500 COURSES

344,257 ENROLLMENTS

300,414 UNIQUE GRADS

UPSKILL YOUR TEAM

Empower your coaches to pursue TRX Qualification virtually, in-person, or on their own schedule with self-paced digital courses.

TRX SUSPENSION TRAINING COURSE



COURSE DETAILS

TRX GROUP TRAINING COURSE



COURSE DETAILS

TRX YBELL COACHING COURSE



COURSE DETAILS

TRX FUNCTIONAL TRAINING COURSE



COURSE DETAILS

TRX REHAB ESSENTIALS COURSE



COURSE DETAILS

TRX ADVANCED GROUP TRAINING COURSE

Prerequisites are required for this course.



COURSE DETAILS

SPECIALIZE & DIVERSIFY

Put a new spin on an old practice with TRX Yoga or empower athletes to excel at their sport with science-backed education for diverse populations and goals.



TRX YOGA FOUNDATIONS COURSE



TRX FOR YOGA INVERSIONS



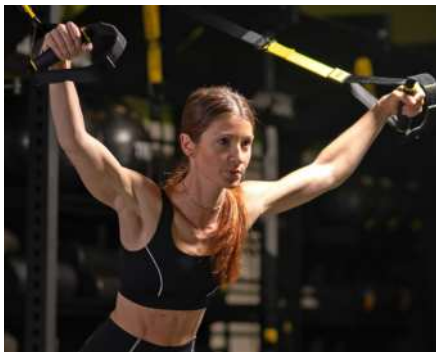
TRX FOR YOGA HIP OPENING



TRX PILATES



TRX FOR THE PRE & POST-NATAL ATHLETE



TRX FOR THE FEMALE ATHLETE



TRX FOR CYCLING



TRX FOR RUNNING



TRX FOR GOLF

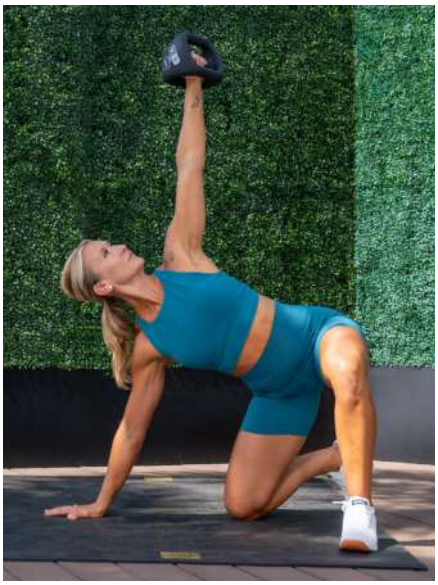
TRAINING FOR EVERY TOOL

Take functional training to the next level and gain mastery over the full line of TRX training tools with essential courses led by fitness pros, for fitness pros.

TRX ESSENTIALS OF RIP TRAINING



TRX ESSENTIALS OF YBELL TRAINING



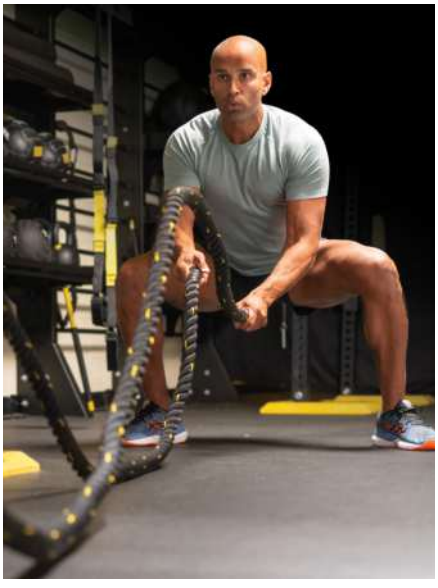
TRX ESSENTIALS OF KETTLEBELL TRAINING



TRX ESSENTIALS OF RESISTANCE TRAINING



TRX ESSENTIALS OF BATTLE ROPE TRAINING



TRX ESSENTIALS OF SLAM/MED BALL TRAINING



TRX FOR PHYSICAL THERAPY & REHAB

TRX's tools and science-backed programming have been proven by peer-reviewed research to be effective in improving clients' recovery outcomes across most ages, abilities, and fitness levels.

We've bundled tools, education, and resources to help you upskill your team, expand your offerings, and empower your clients to feel stronger, move better, and live longer.

A THREE-PRONGED APPROACH



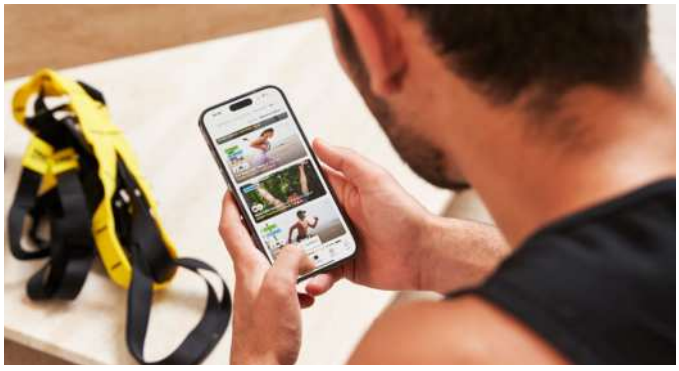
LEARN THE SCIENCE

TRX education is rooted in science and led by rehabilitation professionals.



GET THE TOOLS

TRX tools are versatile, portable and - best of all - effective.



LEVERAGE THE APP

Empower your clients to make rehabilitation a daily practice with the TRX App™.

SEE THE CATALOG



BORN FROM THE MILITARY, FOR THE MILITARY

TRX Government Programs are designed to assist military personnel in developing higher levels of combat readiness, performance optimization, and injury prevention.

Led by the **TRX Force Kit Suspension Trainer™**, our growing line of tactical fitness tools and training programs empower government communities to maximize overall readiness through functional training.

We're proud to offer professional, expert-led tactical training courses - both online and in person - along with a 12-week conditioning program via the **TRX Force Super App**, which is available offline.

LEARN MORE





SUSPENSION TRAINING®

The patented all-in-one fitness method powered by your bodyweight to sweat, sculpt, and strengthen.



TRX COMMERCIAL SUSPENSION TRAINER™

Meet our toughest Suspension Trainer. We used 15 years of feedback and testing to develop the best Suspension Trainer for high-volume environments like gyms and studios. The TRX Commercial Suspension Trainer combines a fresh look and features multiple patented designs for our most durable, user-friendly product ever.

SKU #: TRXCLUB4 | PRODUCT DETAILS



INCLUDES:

- TRX Commercial Suspension Trainer
- Xtender


TRX
RX

TRX PRO4 SYSTEM

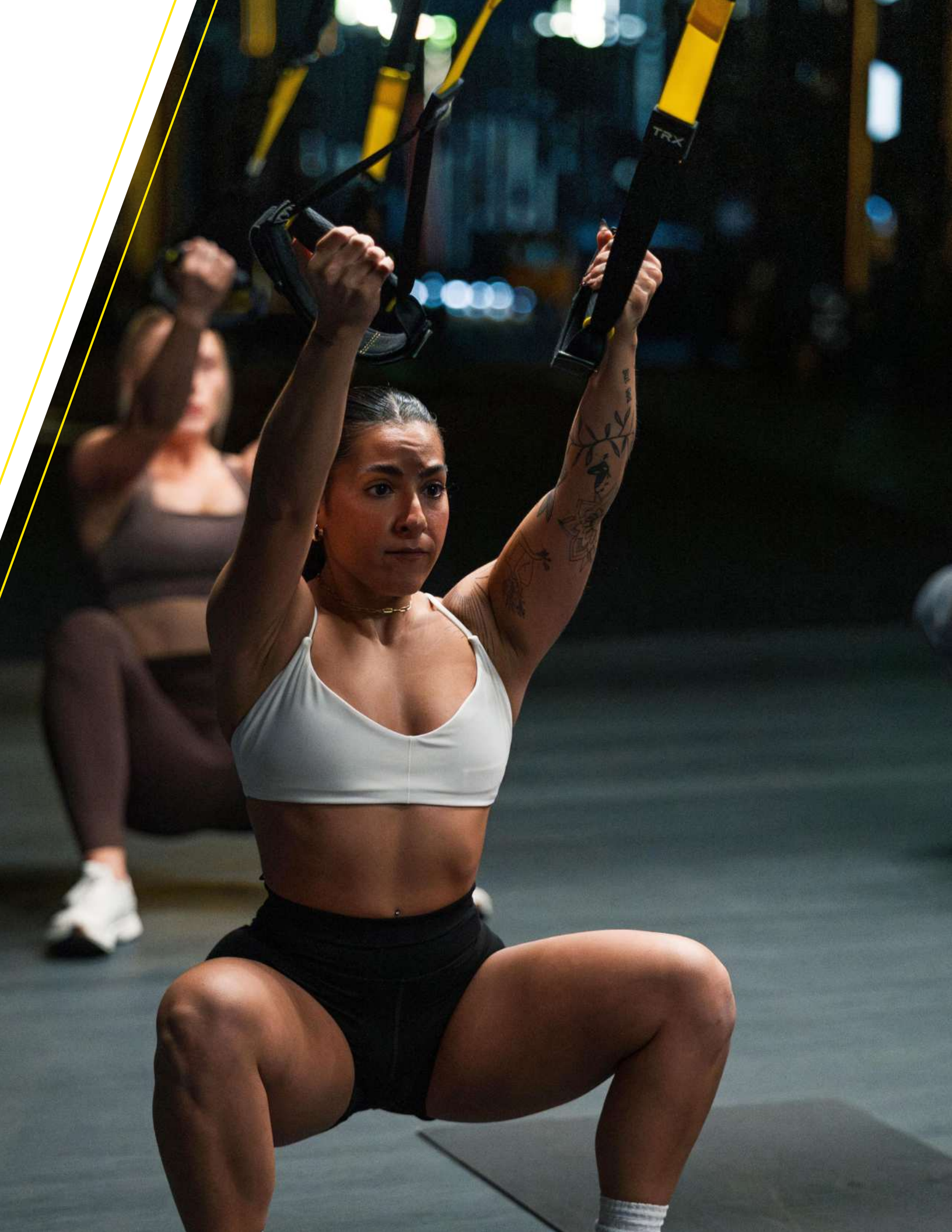
Outfit your clients with the Suspension Trainer model preferred by elite athletes. The TRX Pro4 System is a professional-grade solution, available to everyone.

SKU #: TRXPRO4 | PRODUCT DETAILS



INCLUDES:

- TRX Pro4 Suspension Trainer
- Door Anchor
- Suspension Anchor
- Xtender
- Mesh carry bag


TRX

TRX PRO4 CAMO™

This state-of-the-art Pro4 Suspension Trainer celebrates TRX's origins - and all of our heroes in the Armed Forces - with a brand new, limited-edition camo print.

SKU #: TRXPRO4-CAMO | PRODUCT DETAILS





INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Get started insert



TRX FORCE KIT

Build endurance, optimize performance, and reduce the risk of injury on and off the battlefield. The TRX Force Kit features our toughest Suspension Trainer, a 12-week TRX Tactical Conditioning Program, and the ultra-enhanced TRX FORCE Super App, now available offline.

SKU #: TSMDVD2 | PRODUCT DETAILS





INCLUDES:

- Suspension Anchor
- Door Anchor
- Lightweight running bag
- Get started insert



TRX STRONG SYSTEM

The TRX Strong System is a Suspension Trainer for athletes of any age or experience level. This lightweight, all-in-one system is adaptable for strength, cardio, mobility, recovery, or core-focused training—ideal for home or travel.

SKU #: TRXSTRONG | PRODUCT DETAILS





INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Workout poster


TRX



ANCHORING & MOUNTING SOLUTIONS



Put the suspension in Suspension Training with anchoring solutions for every space and training scenario.



TRX XMOUNT®

A low-profile, sturdy mount for a TRX Suspension Trainer or Rip Trainer.

SKU #: TRXXMOUNT4 | TRXXMOUNT4-WHITE
PRODUCT DETAILS

PRODUCT SPECIFICATIONS
Size: 6” x 4.6”
Colors: Steel Grey or White
Material: Commercial-grade steel

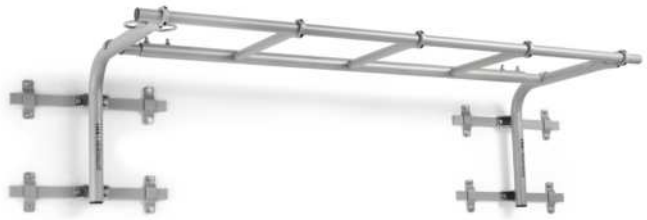


TRX SINGLE MOUNT

Designed for Suspension Training, this industrial-grade steel, wall-mounted unit is optimized for small spaces.

SKU #: MMOUNT-TTZ-I | PRODUCT DETAILS

PRODUCT SPECIFICATIONS
Size: 22” W x 21.86” H
Weight: 32 lbs
Material: Commercial-grade steel



TRX MULTIMOUNT

Advanced anchoring system for Suspension Training and beyond. Train more people in less space. Ideal for pull-ups, hanging exercises, and as a training tool attachment point.

SKU #: MMOUNT-MMTZ | PRODUCT DETAILS

PRODUCT SPECIFICATIONS
Sizes: 7’ and 14’ (3 Suspension Trainers per 7’)
Weight: 110 lbs (7’) and 220 lbs (14’)
Material: Commercial-grade steel



TRX S-FRAME™

Featuring commercial-grade steel, the TRX S-Frame can support up to 22 TRX Suspension Trainers, or can be used for heavy bags, conditioning ropes, and Rip Trainers, and more.

SKU #: SFRAME-STD | PRODUCT DETAILS

PRODUCT SPECIFICATIONS
Sizes: 5’, 10’, 15’, 20’, 25’ and 30’
Heights: Standard (8’ 3”) and Elevated (9’)
Material: Commercial-grade steel



TRX S-FRAME CASTORS

Heavy-duty, non-marking castors instantly make your TRX S-frame more mobile, allowing you to wheel it to any location on the fly.

SKU #: SFCSTR-I | SFCSTRKIT-I
PRODUCT DETAILS







TRX® YBELL®

THE WORLD'S MOST VERSATILE WEIGHT

YBell is the breakthrough evolution in strength training—a dynamic, cost-saving, 4-in-1 solution combining dumbbells, kettlebells, dual grip medicine balls and push-up stands. Change your grip to change your equipment.



TRX
YBELL
NEO™ SERIES


TRX
YBELL
8 KG
18 LB

TRX
YBELL®
ELITE SERIES

MEET



YBELL®

Elite



TRX YBELL NEO SERIES



Non-slip neoprene coating provides a comfortable, durable grip that stands up to sweat and friction from intense workouts. **Sold as singles and bundles.**

SKU #: 40-ARC-L | 1.1 kg (2 lbs)
SKU #: YBELL-NEO-2-C | 2.5 kg (5.5 lbs)
SKU #: YBELL-NEO-4-C | 4.5 kg (10 lbs)
SKU #: YBELL-NEO-6-C | 6 kg (14 lbs)
SKU #: YBELL-NEO-8-C | 8 kg (18 lbs)
SKU #: YBELL-NEO-10-C | 10 kg (22 lbs)
SKU #: YBELL-NEO-12-C | 12 kg (26 lbs)



PRODUCT DETAILS | BUNDLE OPTIONS

TRX YBELL ELITE SERIES



Now featuring TRX's most durable, noise-dampening coating and a knurled inner handle for a stronger grip, YBell Elite is designed to withstand high-traffic environments without compromising performance.
Sold as singles and bundles.

SKU: 100-00037-04 | 4.5 kg (10 lbs)
SKU: 100-00037-06 | 6 kg (14 lbs)
SKU: 100-00037-08 | 8 kg (18 lbs)
SKU: 100-00037-10 | 10 kg (22 lbs)
SKU: 100-00037-12 | 12 kg (26 lbs)
SKU: 100-00037-14 | 14 kg (31 lbs)
SKU: 100-00037-16 | 16 kg (35 lbs)
SKU: 100-00037-18 | 18 kg (40 lbs)
SKU: 100-00037-20 | 20 kg (44 lbs)



PRODUCT DETAILS




TRX
YBELL
4.5 10
6 14
8 18
10 22
12 26
MAKE
YOUR
BODY
YOUR
MACHINE.



TRX YBELL® & **FUNCTIONAL TRAINING RACKS**



Keep your gym floor tidy and your equipment scuff-free with sleek, sturdy, space-saving racks designed to store YBells, Slam Balls, and everything in between.



TRX HORIZONTAL SHORT RACK

Form meets function in our TRX Racks. Store all of your weights and functional training tools - from YBells to Slam Balls. Each rack has three, rubber-padded shelves and rounded front edges for safety, durability, and noise reduction.

SKU #: YBELL-H-RACK-S | PRODUCT DETAILS

DIMENSIONS: 41” L x 29” H x 23” D | 79.4 lbs



TRX HORIZONTAL LONG RACK

Form meets function in our TRX Racks. Store all of your weights and functional training tools - from YBells to Slam Balls. Each rack has three, rubber-padded shelves and rounded front edges for safety, durability, and noise reduction.

SKU #: YBELL-H-RACK-L | PRODUCT DETAILS

DIMENSIONS: 65” L x 29” H x 23” D | 110 lbs



TRX MODULAR HORIZONTAL RACK

Functional training tool storage just got flexible. Our bestselling Horizontal Rack is now fully modular and more spacious between shelves, making it highly adaptable to gyms of all sizes.

SKU #: 107-00006-01 | SKU #: 107-00006-02
SINGLE DIMENSIONS: 31” H x 42” W x 23” D at base
DOUBLE DIMENSIONS: 31” H x 81” W x 23” D at base
PRODUCT DETAILS



TRX YBELL SINGLE VERTICAL RACK

Maximize valuable floor space with the TRX YBell Vertical Rack. Heavy duty steel construction and bicycle hook storage arms hold up to 10 YBells, keeping your clients - and your investment - safe. Holds any YBell up to 12 kg.

SKU #: YBELL-RACK-SV-M | PRODUCT DETAILS

DIMENSIONS: 21” L x 59” H x 19” D | 43.5 lbs



TRX YBELL CENTER POST RACKS

Streamline your storage and gain easier access to your gear with YBell Center Post Racks. Store up to 10 or 20 YBell Neos, respectively, on sturdy, freestanding racks that feature heavy duty steel construction and bicycle hook storage arms.

SKU #: 100-00006-10 | SKU #: 100-00006-20
CP10 DIMENSIONS: 25” W x 52” H x 24” D | 66 lbs
CP20 DIMENSIONS: 25” W x 52” H x 24” D | 85 lbs
PRODUCT DETAILS



TRX YBELL A-FRAME RACK

Meet the modular storage system that grows with your YBell collection. This dual-sided rack adapts to your desired size, connecting additional units quickly and securely with molded rubber base couplers.

SKU #: 107-00005 | PRODUCT DETAILS
DIMENSIONS: 36” H x 14” W x 26” D at base

CONFIGURATIONS AVAILABLE: Single, Double, and Triple.


TRX®



FUNCTIONAL TRAINING TOOLS



Complete the TRX experience in your facility with our durable line of Functional Training Tools. Crafted for high-volume use, each product meets the most stringent quality standards.

TRX
HEXGRIP®
MEDICINE
BALLS


TRX
18"
16LB
4LB
8LB
6LB

TRX HEXGRIP® POWER BAGS


TRX
10LB
TRX
20LB
TRX
18"

THE HEXGRIP™ ADVANTAGE

Our exclusive TRX HexGrip training tools have 2x stronger grip suction for maximum power. Throw higher. Move faster. HIIT harder. Your clients get better results with every workout.





TRX HEXGRIP MEDICINE BALLS

Master explosive movements with our most advanced medicine ball. Our moisture- and scuff-resistant design is wear-tested for intense training.

SKU #: EXMDBL-10 | EXMDBL-14
PRODUCT DETAILS

10” MEDICINE BALL
4, 6, 8, 10 and 12 lbs

14” MEDICINE BALL
8, 10, 12, 14, 16 and 20 lbs



TRX HEXGRIP POWER BAGS

Our innovative HEX node textile creates superior handling for maximum efficacy. Wear-tested, triple-stitched, moisture-resistant design is built for grueling workouts.

SKU #: EXPWBG | PRODUCT DETAILS

WEIGHTS AVAILABLE
10, 20, 30, 40, 50 and 65 lbs



TRX HEXGRIP WEIGHT VEST

Add an extra challenge to any workout. Our weighted vest straps on easily for squats, jumps, pullups, and even runs. Velcro® cross-strap design secures the vest to avoid chaffing. One size fits most.

SKU #: 100-00005-09 | 100-00005-18
PRODUCT DETAILS

WEIGHTS AVAILABLE
20 and 40 lbs



TRX HEXGRIP WEIGHT VEST 10LBS | 4.5 KGS

Strength training meets agility in our lowest-profile weight vest, turning routine tasks into a hands-free strength and conditioning workout that moves with you.

SKU #: 100-00005-05
PRODUCT DETAILS

SIZE
15” L x 14.5” W



TRX HEXGRIP PLYO CUBE

Flip the versatile, non-slip, high-grip TRX HexGrip Plyo Cube onto any side (20”, 24”, or 30”) to unlock a fresh plyometric challenge.

SKU #: 100-00023-00 | PRODUCT DETAILS

DIMENSIONS
20” x 24” x 30”



TRX HEXGRIP PLYO BOXES

Boost speed, agility, and explosive power with grippy, stackable, and shock-absorbing TRX Hex Grip Plyo Boxes.

SKU #: PLYOBOX | PRODUCT DETAILS

SIZES AVAILABLE
6”, 12”, 18” and 24”



TRX SLAM BALL

Cardio, agility, and strength training, in one compact tool. Our best-selling Slam Ball features a grooved tire tread texture, no-slip grip, and bounce-resistant construction built to withstand frequent use.

SKU #: EXSLBL | PRODUCT DETAILS

WEIGHTS AVAILABLE
6, 8, 10, 15, 20, 25, 30, 40 and 50 lbs



TRX BATTLE ROPE

Deliver a full-body, heart-pumping workout through slams, waves, jacks, throws, and pulls. Comfortable rubber grips won’t slip (no matter how hard you sweat), and the heavy-duty, tightly-braided construction can outlast the fiercest workout.

SKU #: EXROPE-30 | EXROPE-50
PRODUCT DETAILS

SIZES AVAILABLE
1.5” x 30’ and 1.5” x 50’



TRX RUBBER COATED KETTLEBELLS

TRX Rubber Coated Kettlebells feature top-quality construction, durable rubber coating on the bell, a powder-coated comfort-grip handle, and a machined flat base for easy storage.

SKU #: EXRBKB | PRODUCT DETAILS

WEIGHTS AVAILABLE
4, 6, 8, 12, 16, 20, 24, 28, 32, 36 and 40 kg







DYNAMIC **RESISTANCE & RECOVERY**



Use resistance to transform your body.
Recover with start-to-finish essentials
for safe and effective training.

TRX
RIP®
TRAINER


TRX
18"
TRX
Rip Trainer

BANDIT®


TRAINING ZON
TRX
TRX
TRX
TRX
TRX
TEAM



TRX RIP TRAINER®

The TRX Rip Trainer is an innovative weighted bar and resistance bungee duo that hones multi-directional movement through the abs, obliques, back, and hips—perfect for helping your clients develop speed, agility, and balance.

INCLUDES:

- TRX RIP Trainer
- Door Anchor
- Medium Resistance Cord
- Safety strap

SKU #: TRXRIPI-PACK | PRODUCT DETAILS



BANDIT®*

Bandit is a premium, universal-fit set of handles that attach to Strength Bands and take workouts to new levels. Maximize results with more comfort, control, and performance.

Features: Universal-fit handle, textured rubber grip and slip-free notches for safety.

TRX BANDIT - COMMERCIAL KIT*



SKU #: TRX-BANDIT-COMM-SET
PRODUCT DETAILS

INCLUDES:

- Four handles
- Four strength bands: 5-15, 15-30, 25-50 and 35-70 lb

TRX BANDIT - RETAIL KIT*

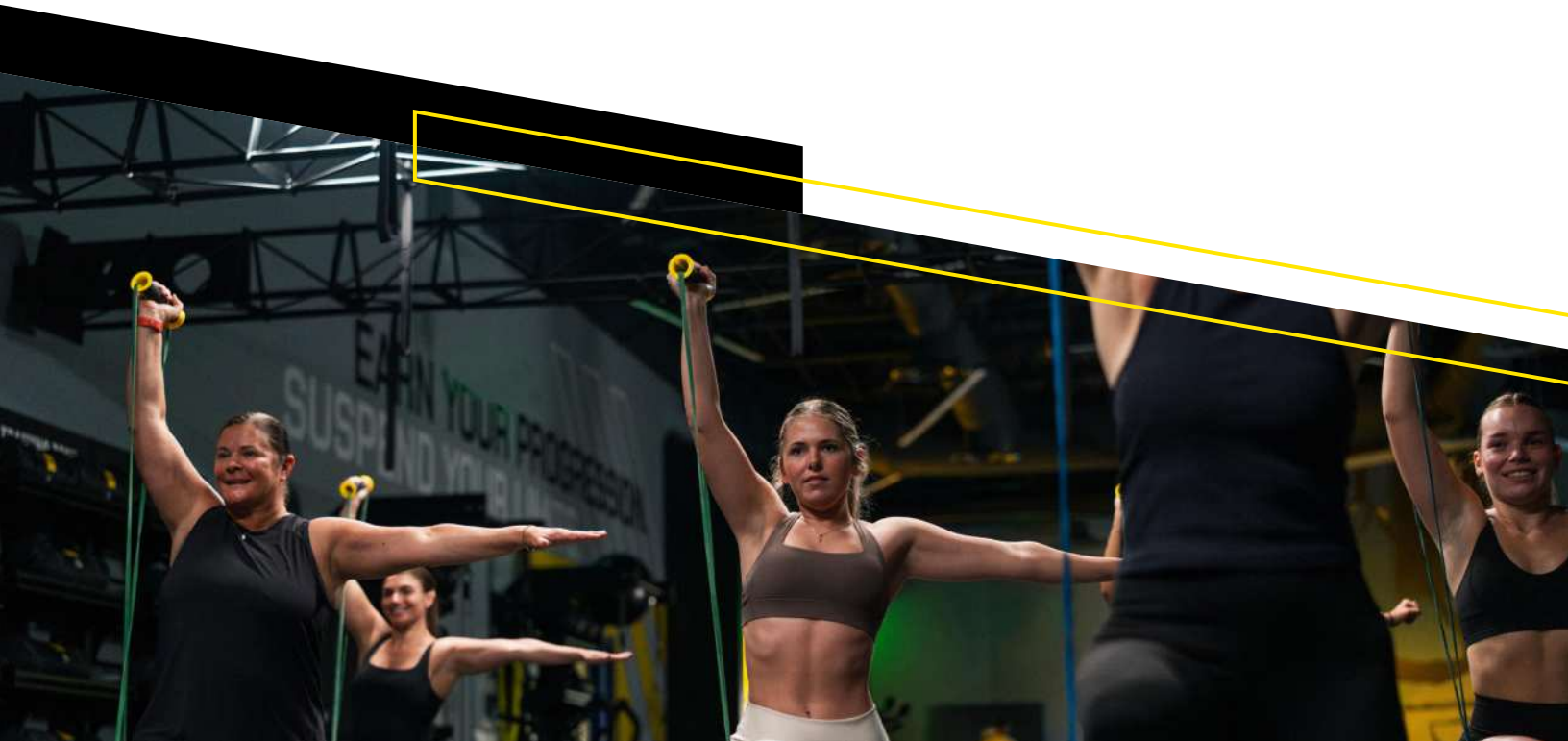


SKU #: TRX-BANDIT/ERBAND-SET-RTL
PRODUCT DETAILS

INCLUDES:

- Two handles
- Two strength bands: 5-15 and 15-30 lb

**WARNING: Cancer and Reproductive Harm www.P65Warnings.ca.gov*





TRX STRENGTH BANDS*

Full-length bands for full-body training. Bands add resistance without impact, demanding 100% effort through the complete range of motion for every move. Incorporate them into classes, individual workout spaces in your facility, pull-up bars, or your sports rehabilitation offerings.

SKU #: MULTIPLE SKUS | PRODUCT DETAILS

SIZES AVAILABLE
5-15, 15-30, 25-50, 35-70, 45-110 and 60-150 lbs



TRX EXERCISE BAND BUNDLE*

Increase the intensity of any exercise. The mini loop design offers serious time under tension—perfect for glute activation drills, pre-workout warmups, toning, stability training, stretching, and mobility. Indicated weight ranges let your clients gauge their progress over time. Sold as a set of four.

SKU #: TRX-ER-MNBD-BDL | PRODUCT DETAILS

SET INCLUDES
2-8, 5-12, 6-17 and 10-25 lbs



TRX MAT

The TRX Mat is a mid-sized, cushioned training surface that makes planks, crunches, hamstring curls, or bridges more comfortable. Functional, durable, and easy to store, the TRX Mat is the perfect add-on for your gym.

SKU #: EXMAT | PRODUCT DETAILS

SIZE
23” W x 48” L

**WARNING: Cancer and Reproductive Harm www.P65Warnings.ca.gov*



TRX SUSPENSION TRAINING MAT

Our non-slip mat is made for stretching, cardio, yoga, and weight training. Line measurements help clients progress with different foot or hand placements.

SKU #: TRX-ST-MAT-RTL | TRX-ST-MAT-XL
PRODUCT DETAILS

SIZES AVAILABLE
2’ x 6’ and 4’ x 6’



TRX KNEEL PAD

Targeted support where you need it most: thicker than your average yoga mat and far more portable, the TRX Kneel Pad takes pressure off of your pain points.

SKU #: 100-00031-00
PRODUCT DETAILS

SIZE
10” W x 20.6” L x 0.75” D



TRX YBELL EXERCISE MATS

Our durable YBell Mats are made for ground-based exercises. The cushioned surface protects hands, knees, floors, and YBells while offering visual cues for exercises.

SKU #: 50-MAT-C | 55-MAT-R
PRODUCT DETAILS

SIZES AVAILABLE
28.5” W x 44” H and 28.5” W x 12” H



TRX FOAM ROLLERS

TRX Foam Rollers are made from expanded polypropylene (EPP) foam, an extra-tough material that keeps its shape and delivers consistent, deep-tissue therapy results.

SKU #: EXFMRL-18 | EXFMRL-36
PRODUCT DETAILS

SIZES AVAILABLE
18” and 36”



TRX REV ROLLER™

Our TRX Rev Roller has smooth rings on each end for consistent deep-tissue release, along with trigger-points to target tension in the neck, back, knees, hips, and more.

SKU #: REV-ROLLER | PRODUCT DETAILS

SIZE
14”



TRX ROCKER®

Our foam Rocker encourages targeted back-and-forth motion over tight areas to achieve muscle release—and relief—through the neck, back, knees, and hips.

SKU #: ROCKER-13 | ROCKER-26
PRODUCT DETAILS

SIZES AVAILABLE
13” and 26”



TRX STABILITY BALL

A stability ball adds a bonus burn to basic crunches, woodchops, and more. Our TRX Stability Ball is built for sport, rehab, and overall fitness, crafted with durable, non-slip vinyl that won't pop from heavy use.

SKU #: EXSTBL-55 | EXSTBL-65
PRODUCT DETAILS

SIZE
55 cm and 65 cm



TRX YOGA BLOCK

Elevate your flow with the TRX Yoga Block. Featuring comfortably rounded edges and solid EVA foam, this block gives you non-slip support where you need it most.

SKU #: TRX-YOGABLOCK-RTL
PRODUCT DETAILS

SIZE
9" W x 6" H x 4" D




TRX
DURABALLISTIC
TRX
DURABALLISTIC



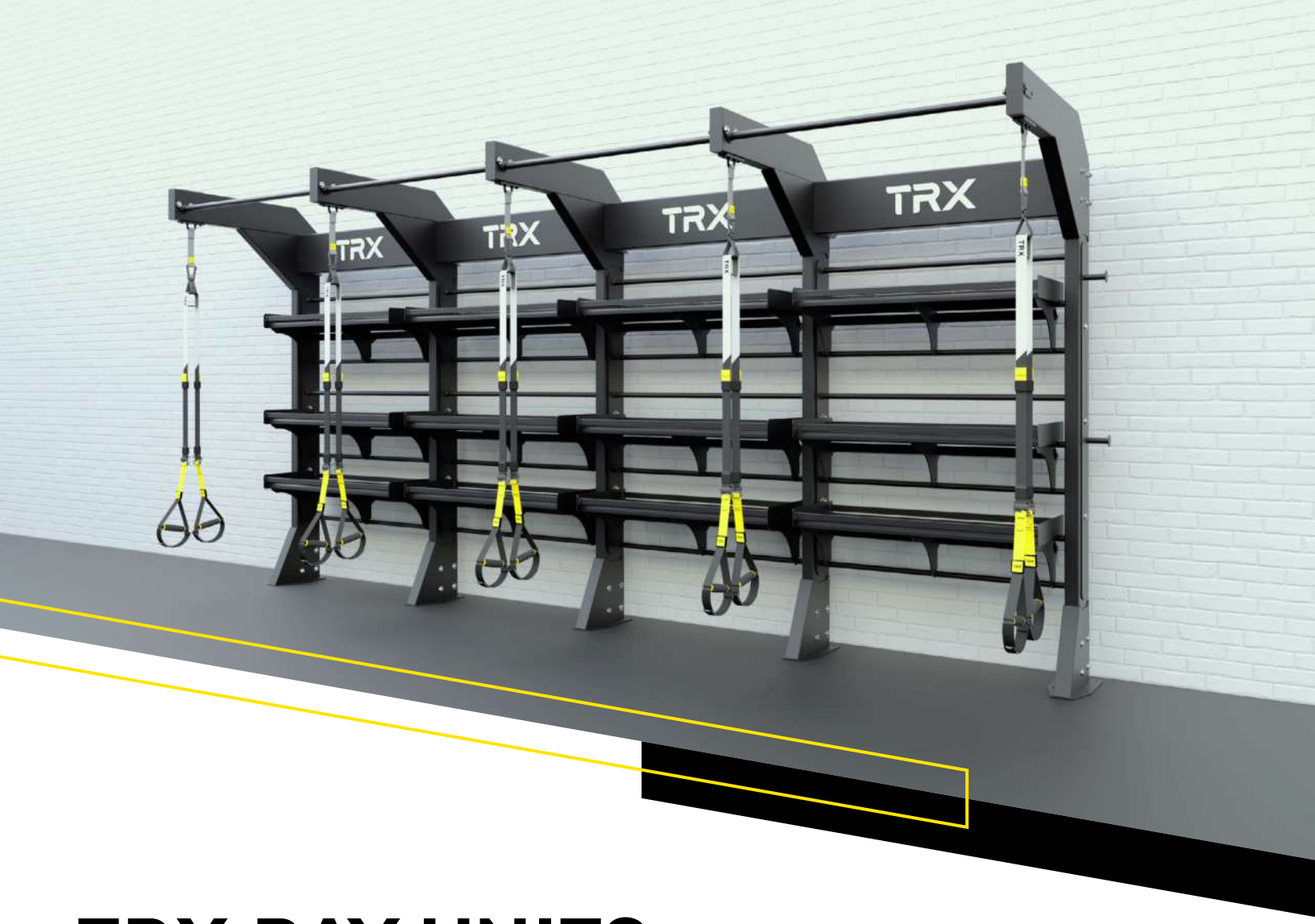
STUDIO LINE™ SOLUTIONS

Optimize your space, protect your equipment, and activate more areas with functional, modular Studio Line and storage solutions that can be customized to meet your gym's needs.



STUDIO LINE
SOLUTIONS


TRX
TRAINING ZONE
TRX
TRAINING ZONE
TRX
TRX



TRX BAY UNITS

Whether you're looking to activate a smaller area with a single bay or you want to go big with multiple bays, TRX Bay Units are a premium, modular solution for adding functional training, strength training, storage, anchoring, and organization to any space–large or small.

DIMENSIONS	OUTSIDE FOOT TO OUTSIDE FOOT	CENTER POST TO CENTER POST	HEIGHT	DEPTH
ANCHORED SINGLE SUSPENSION BAY	55”	48”	94.3” / 7’10”	40.5”
ANCHORED DOUBLE SUSPENSION BAY	103”	48”	94.3” / 7’10”	40.5”
ANCHORED TRIPLE SUSPENSION BAY	151”	48”	94.3” / 7’10”	40.5”
ANCHORED QUAD SUSPENSION BAY	199”	48”	94.3” / 7’10”	40.5”

TRX ANCHORED SUSPENSION BAY UNITS | CONFIGURATIONS



ANCHORED SINGLE SUSPENSION BAY

DIMENSIONS
55” W x 7’10” H x 40.5” D

SKU #: SL-1SUSBAY-BDL-35
PRODUCT DETAILS



ANCHORED DOUBLE SUSPENSION BAY

DIMENSIONS
103” W x 7’10” H x 40.5” D

SKU #: SL-2SUSBAY-BDL-35
PRODUCT DETAILS



ANCHORED TRIPLE SUSPENSION BAY

DIMENSIONS
151” W x 7’10” H x 40.5” D

SKU #: SL-3SUSBAY-BDL-35
PRODUCT DETAILS

TRX ANCHORED STORAGE BAY UNITS | CONFIGURATIONS



ANCHORED SINGLE STORAGE BAY

DIMENSIONS
55” W x 7’2” H x 20.5” D

SKU #: SL-1STORBAY-BDL-35
PRODUCT DETAILS



ANCHORED DOUBLE STORAGE BAY

DIMENSIONS
103” W x 7’2” H x 20.5” D

SKU #: SL-2STORBAY-BDL-35
PRODUCT DETAILS



ANCHORED TRIPLE STORAGE BAY

DIMENSIONS
151” W x 7’2” H x 20.5” D

SKU #: SL-3STORBAY-BDL-35
PRODUCT DETAILS

TRX FREESTANDING BAY UNITS | CONFIGURATIONS



FREESTANDING SINGLE SUSPENSION BAY

DIMENSIONS
58” W x 97” H x 47” D

SKU #: 107-00003-01
PRODUCT DETAILS



FREESTANDING DOUBLE SUSPENSION BAY

DIMENSIONS
106” W x 97” H x 47” D

SKU #: 107-00003-02
PRODUCT DETAILS



FREESTANDING TRIPLE SUSPENSION BAY

DIMENSIONS
154” W x 97” H x 47” D

SKU #: 107-00003-03
PRODUCT DETAILS

TRX FREESTANDING BAY UNITS | CONFIGURATIONS



FREESTANDING QUAD SUSPENSION BAY

DIMENSIONS
202” W x 97” H x 47” D

SKU #: 107-00003-04
PRODUCT DETAILS



FREESTANDING POWER BAY

DIMENSIONS
58” W x 97” H x 73” D

SKU #: 107-00004-01
PRODUCT DETAILS



FREESTANDING POWER BAY + SINGLE SUSPENSION BAY

DIMENSIONS
106” W x 97” H x 73” D

SKU #: 107-00004-02
PRODUCT DETAILS

TRX FREESTANDING BAY UNITS | CONFIGURATIONS



FREESTANDING POWER BAY + DOUBLE SUSPENSION BAY

DIMENSIONS
154” W x 97” H x 73” D

SKU #: 107-00004-03
PRODUCT DETAILS



FREESTANDING POWER BAY + TRIPLE SUSPENSION BAY

DIMENSIONS
202” W x 97” H x 73” D

SKU #: 107-00004-04
PRODUCT DETAILS



POWER BAY IDEAS

Stock your Power Bay with weights, TRX training tools, and accessories to turn it into a full functional strength training destination.

TRX RETROFIT KITS | CONFIGURATIONS



POWER BAY RETROFIT KIT

Expand your existing Anchored Suspension Bay into an Anchored Power Bay.

SKU #: 107-00004-00
PRODUCT DETAILS

DIMENSIONS
58” W x 97” H x 73” D



FREESTANDING SUSPENSION BAY RETROFIT KIT

Turn your Anchored Suspension Bay into a Freestanding Suspension Bay.

SKU #: 107-00003-05
PRODUCT DETAILS

DIMENSIONS
58” W x 88” H x 47” D

RETROFIT KITS

Make regular Studio Line Bays freestanding - or turn your Anchored Bays into Power Bays - with handy, easy-to-install retrofit kits that let you redesign your space for maximum efficiency.



TRX SPACE SAVING UNITS | CONFIGURATIONS



TRX CORNER UNIT

This PVC-coated, abrasion-resistant frame comes with two Suspension Training anchor points, a pull-up bar, shelving options, storage drawers, and hooks.

SKU #: SL-CORNER-BDL-35 | PRODUCT DETAILS

PRODUCT SPECIFICATIONS
Corner to Corner Length: 106.2”
Length of Each Suspension Arm: 40.5”
Height of Unit: 94.3” (7’10”)
From Corner to End of Bay (each side): 75.6”



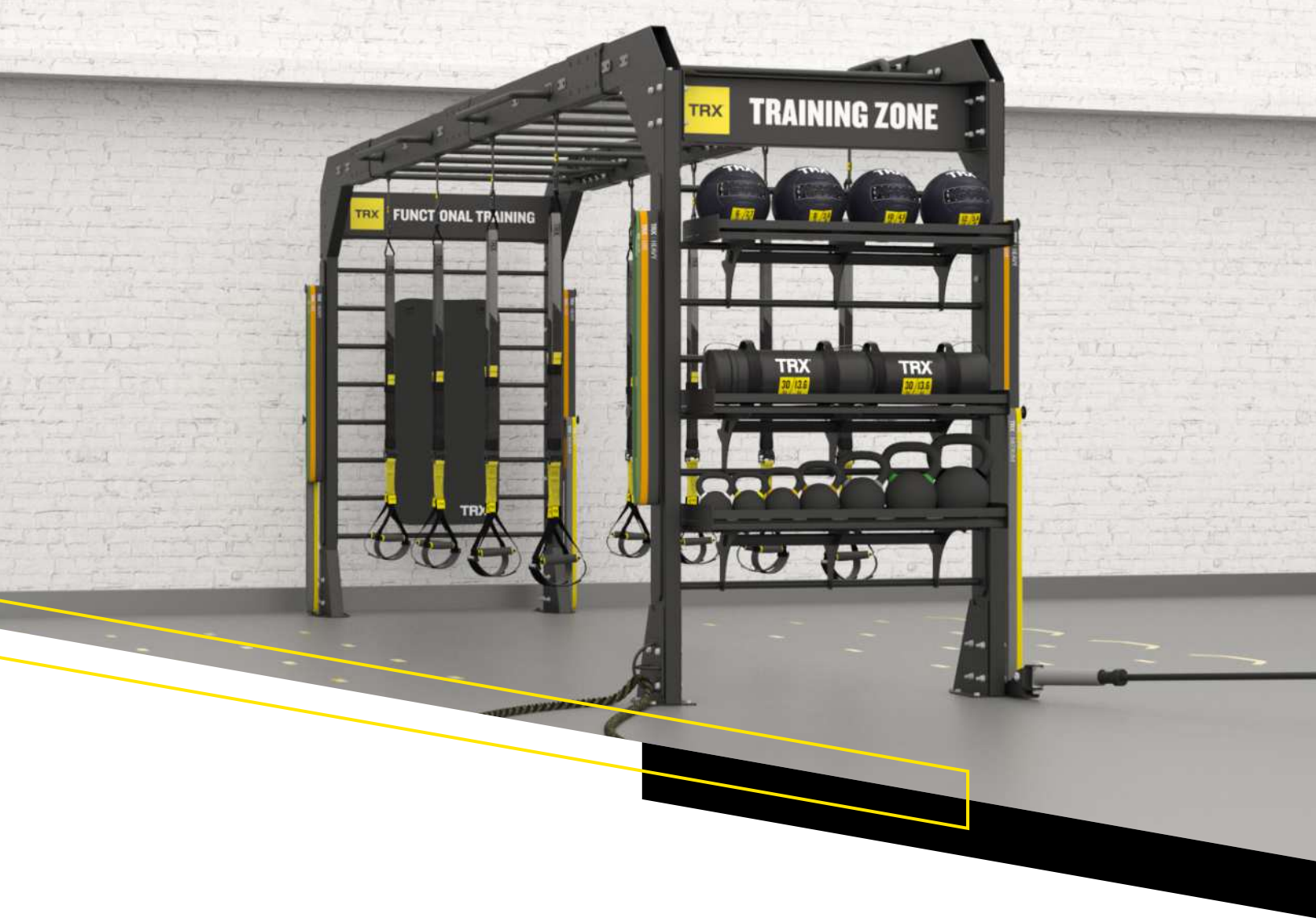
TRX SINGLE POST

Featuring a Suspension Training anchor point and a 19” footprint, the TRX Single Post optimizes tight training spaces. Shelving, dip station, battle rope anchor, landmine attachments, and other accessories are sold separately.

SKU #: SL-SUSPOST-BDL-35 | PRODUCT DETAILS

PRODUCT SPECIFICATIONS
Dimensions: 7’10” H x 40.5” D
Outer Foot to Outer Foot: 24”





TRX BRIDGE UNITS

Bring the wow-factor to your facility with TRX Bridge Units. Perfect for studios or on the gym floor, TRX Bridges will breathe new life into any space.

DIMENSIONS	OUTSIDE FOOT TO OUTSIDE FOOT	CENTER POST TO CENTER POST	STANDARD HEIGHT	ELEVATED HEIGHT
7’ LENGTH	55”	48”	94.3” / 7’10”	108” / 9’
14’ LENGTH	55”	48”	94.3” / 7’10”	108” / 9’
21’ LENGTH	55”	48”	94.3” / 7’10”	108” / 9’

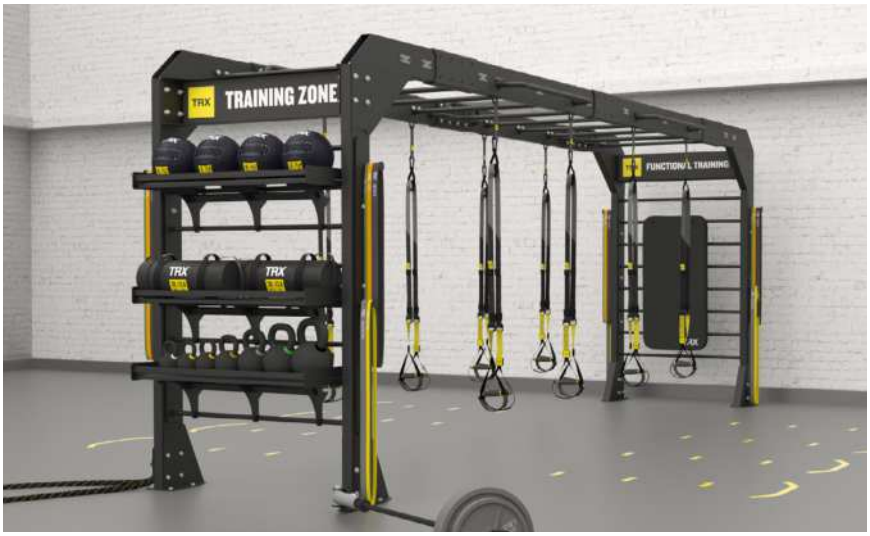
TRX BRIDGE UNITS | CONFIGURATIONS



7’ BRIDGE

DIMENSIONS
55” W x 7’10” H x 84” D

SKU #: SL-7BRIDGE-BDL-35
PRODUCT DETAILS



14’ BRIDGE

DIMENSIONS
55” W x 7’10” H x 168” D

SKU #: SL-14BRIDGE-BDL-35
PRODUCT DETAILS



21’ BRIDGE

DIMENSIONS
55” W x 7’10” H x 252” D

SKU #: SL-21BRIDGE-BDL-35
PRODUCT DETAILS

TRX STUDIO LINE SHELVES

Keep your equipment organized and accessible with TRX Studio Line Shelves. Mix and match to accommodate everything from Stability Balls to dumbbells and more, for storage that's as dynamic as your members' workouts.





TRX STANDARD SHELF

Keep your tools safe, secure, and accessible with the modular Standard Shelf. The lip keeps balls in place, while the base allows you to add bins for additional storage.

SKU #: SL48-STNDSHELF-35
PRODUCT DETAILS

DIMENSIONS: 43" W x 12.25" H x 14" D



TRX DUMBBELL SHELF

Keep your free weights safe and elevated with this modular, rubber-lined shelf. Rated to hold up to 290 kg, the Dumbbell Shelf is angled for ease of accessibility.

SKU #: SL44-DBSHELF-35
PRODUCT DETAILS

DIMENSIONS: 43" W x 12.25" H x 14" D



TRX STABILITY BALL SHELF

The modular Studio Line Stability Ball Shelf encircles your Stability Balls, keeping them stationary and accessible while you work out.

SKU #: SL17-BALLSHELF-35
PRODUCT DETAILS

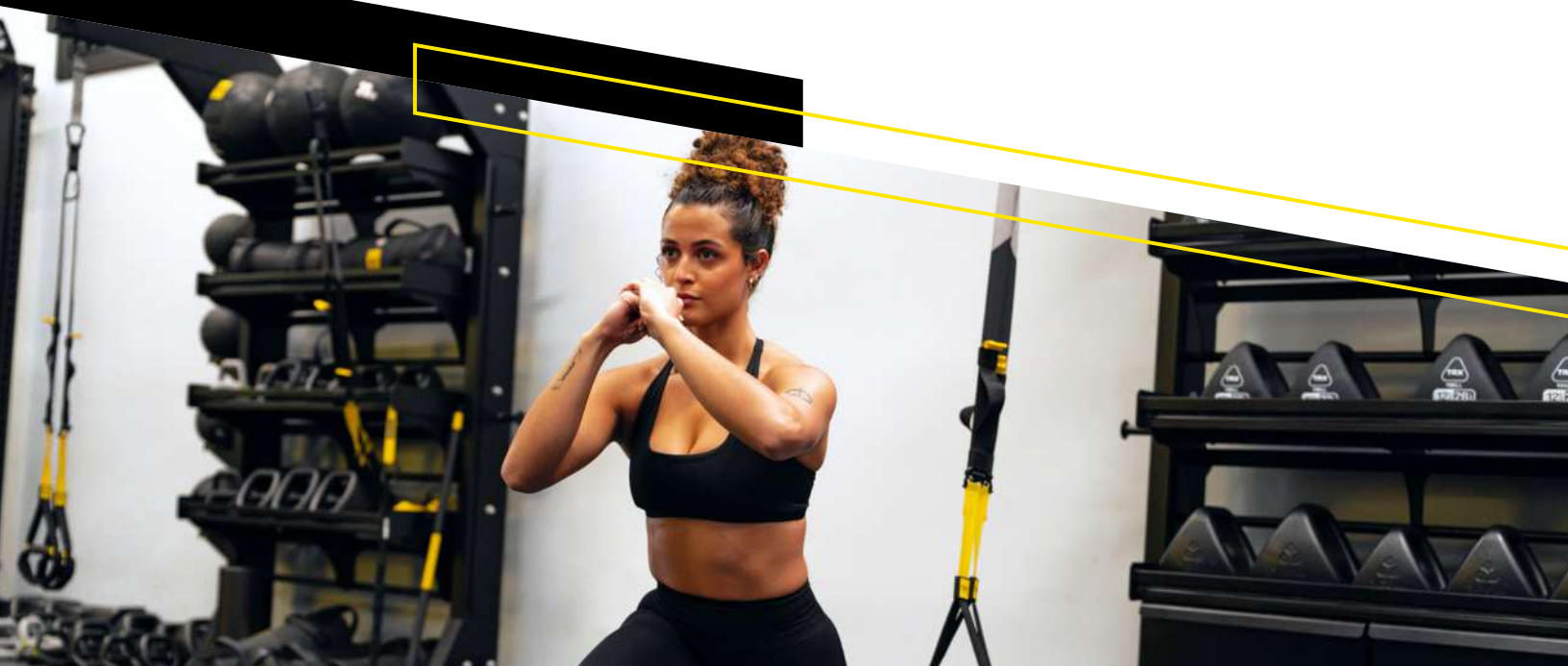
DIMENSIONS: 43” W x 12.25” H x 30” D



TRX BIN & SHELF BUNDLE

The TRX Bin & Shelf Bundle includes 2 TRX storage bins and a sturdy storage shelf.

SKU #: SL48-SLF-BIN | PRODUCT DETAILS



TRX STUDIO LINE SHELF BUNDLES

Take the guesswork out of shopping for storage with Studio Line Shelf Bundles. We've bundled our Functional Training Tools with shelving that'll fit, so you can better optimize your training space.





TRX YBELL NEO SHELF BUNDLE

The TRX YBell Neo Shelf Bundle includes 2 of each TRX YBell Neos in 4.5kg, 6kg, 8kg, 10kg, and 12kg weights, and 2 sturdy angled storage shelves designed to hold them all.

SKU #: SL44-YBNEO | PRODUCT DETAILS



TRX YBELL PRO SHELF BUNDLE

The TRX YBell Pro Shelf Bundle includes 2 of each TRX YBell Pros in 4.5kg, 6kg, 8kg, 10kg, and 12kg weights, and 2 sturdy angled storage shelves designed to hold them all.

SKU #: SL44-YBPRO | PRODUCT DETAILS



TRX YBELL PRO HEAVY SHELF BUNDLE

The TRX YBell Pro Heavy Shelf Bundle includes 2 of each TRX YBell Pros in 14kg, 16kg, 18kg, and 20kg, and 2 sturdy angled storage shelves designed to hold them all.

SKU #: SL44-YBPRO-HVY | PRODUCT DETAILS



TRX YBELL NEO STANDARD SHELF BUNDLE

The TRX YBell Neo Standard Shelf Bundle includes 2 of each TRX YBell Neos in 4.5kg, 6kg, 8kg, 10kg, and 12kg weights, and 2 sturdy storage shelves designed to hold them all.

SKU #: SL48-YBNEO | PRODUCT DETAILS



TRX YBELL PRO STANDARD SHELF BUNDLE

The TRX YBell Pro Standard Shelf Bundle includes 2 of each TRX YBell Pros in 4.5kg, 6kg, 8kg, 10kg, and 12kg weights, and 2 sturdy storage shelves designed to hold them all.

SKU #: SL48-YBPRO | PRODUCT DETAILS



TRX YBELL PRO HEAVY STANDARD SHELF BUNDLE

The TRX YBell Pro Heavy Standard Shelf Bundle includes 2 of each TRX YBell Pros in 14kg, 16kg, 18kg, and 20kg, and 2 sturdy storage shelves designed to hold them all.

SKU #: SL48-YBPRO-HVY | PRODUCT DETAILS



TRX RUBBER COATED KETTLEBELL LIGHT SHELF BUNDLE

The TRX Rubber Coated Kettlebell Light Shelf Bundle includes 6 TRX Rubber Coated Kettlebells - 6kg, 8kg, 12kg, 16kg, 20kg, and 24kg - and a sturdy storage shelf designed to hold them all.

SKU #: SL48-RBKB-LGT | PRODUCT DETAILS



TRX RUBBER COATED KETTLEBELL HEAVY SHELF BUNDLE

The TRX Rubber Coated Kettlebell Heavy Shelf Bundle includes 5 TRX Rubber Coated Kettlebells - 24kg, 28kg, 32kg, 36kg, and 40kg - and a sturdy storage shelf designed to hold them all.

SKU #: SL48-RBKB-HVY | PRODUCT DETAILS



TRX HEXGRIP POWER BAGS MEDIUM SHELF BUNDLE

The TRX HexGrip Power Bags Medium Shelf Bundle includes TRX HexGrip Power Bags in 10lb and 30lb weights, and a sturdy storage shelf designed to hold them both.

SKU #: SL48-PB-MD | PRODUCT DETAILS



TRX HEXGRIP POWER BAGS HEAVY SHELF BUNDLE

The TRX HexGrip Power Bags Heavy Shelf Bundle includes TRX HexGrip Power Bags in 20lb and 40lb weights, and a sturdy storage shelf designed to hold them both.

SKU #: SL48-PB-HVY | PRODUCT DETAILS



TRX HEXGRIP 10” MEDICINE BALLS SHELF BUNDLE

The TRX HexGrip 10” Med Ball Shelf Bundle includes TRX HexGrip Medicine Balls in 6lb, 8lb, 10lb, and 12lb weights, and a sturdy storage shelf designed to hold them all.

SKU #: SL48-HGB-10-MD | PRODUCT DETAILS



TRX HEXGRIP 14” MEDICINE BALLS SHELF BUNDLES

Available in three weight combinations, these bundles include three 14” TRX HexGrip Medicine Balls and a sturdy shelf designed to hold them all.

SKU #: SL48-HGB-SM | PRODUCT DETAILS
SKU #: SL48-HGB-MD | PRODUCT DETAILS
SKU #: SL48-HGB-LG | PRODUCT DETAILS



TRX SLAM BALL LIGHT SHELF BUNDLE

The TRX Slam Ball Light Shelf Bundle includes TRX Slam Balls in 10lb, 15lb, 20lb, and 25lb weights, and a sturdy storage shelf designed to hold them all.

SKU #: SL48-SLBL-LGT | PRODUCT DETAILS



TRX SLAM BALL HEAVY SHELF BUNDLE

The TRX Slam Ball Heavy Shelf Bundle includes TRX Slam Balls in 20lb, 30lb, 40lb, and 50lb weights, and a sturdy storage shelf designed to hold them all.

SKU #: SL48-SLBL-HVY | PRODUCT DETAILS



TRX STABILITY BALL SHELF BUNDLE

The TRX Stability Ball Shelf Bundle includes TRX Stability Balls in 55cm, and 65cm sizes, and a sturdy storage shelf designed to hold them all.

SKU #: SL17-STBL-BDL | PRODUCT DETAILS



TRX RECOVERY ROLLER SHELF BUNDLE

The TRX Recovery Roller Shelf Bundle includes 2 TRX Foam Rollers 36in size, 2 TRX Rev Rollers, and a sturdy storage shelf designed to hold them all.

SKU #: SL48-RECOVERY | PRODUCT DETAILS



TRX STUDIO LINE ACCESSORIES

Customize your Studio Line setup with modular accessories designed to make your space a whole lot more functional. Ask your rep about Mat Holders, Ball Targets, Accessory Posts, and more.





TRX STORAGE BIN

Stow your gear safely, securely, and out of sight with this sturdy, easily-installed commercial-grade storage bin.

SKU #: SL47-BIN-35 | SL47-BIN-35-BDL
PRODUCT DETAILS

DIMENSIONS: 14.5” D x 22.5” W x 15” H



TRX LANDMINE ATTACHMENT

Affix the TRX Landmine to any Studio Line Single Post, Corner Unit, or Bays to anchor a barbell for arc-like exercises that mimic natural movement patterns.

SKU #: SL37-LANDMINE-35 | PRODUCT DETAILS

DIMENSIONS: 8” W x 5” H x 18” L



TRX LOOP PLATE ATTACHMENT

Thread your battle rope through the TRX Studio Line Loop Plate Attachment, and you're ready for high-volume waving and slamming.

SKU #: SL36-LOOPPLATE-35W
PRODUCT DETAILS

DIMENSIONS: 9.5" W x 5" H x 1.5" L



TRX SWIVEL

With 360 degrees of motion and a 350-lb weight capacity, this swiveling anchor point attaches to Studio Line for ultimate Suspension Training freedom.

SKU #: SL49-SWIVEL | PRODUCT DETAILS

DIMENSIONS: 4" D x 6" W x 9" H



TRX MED BALL SIDE STORAGE

Get your med balls off the floor - and eliminate unwanted rolling - with the secure, modular, space-saving TRX Studio Line Med Ball Side Storage solution.

SKU #: SL46-MEDBALL-35 | PRODUCT DETAILS

DIMENSIONS: 12" W x 7" H x 61" L



TRX YBELL SIDE STORAGE

Store 5, 10, or 15 YBell Neos on modular, bicycle hook-style arms that keep your weights elevated, scuff-free, and easily accessible.

SKU #: 107-00001-05 | PRODUCT DETAILS
SKU #: 107-00001-10 | PRODUCT DETAILS
SKU #: 107-00001-15 | PRODUCT DETAILS

DIMENSIONS
(5 HOOK): 45” L x 6” W x 11” H
(10 HOOK): 45” L x 13” W x 11” H
(15 HOOK): 45” L x 21” W x 11” H



TRX SIDE PLATE STORAGE

Maximize efficiency in your training area with plate storage that integrates seamlessly into your TRX Studio Line Bays.

SKU #: SL52-PLATESTORAGE-35
PRODUCT DETAILS

DIMENSIONS: 59” L x 5” W x 7” D

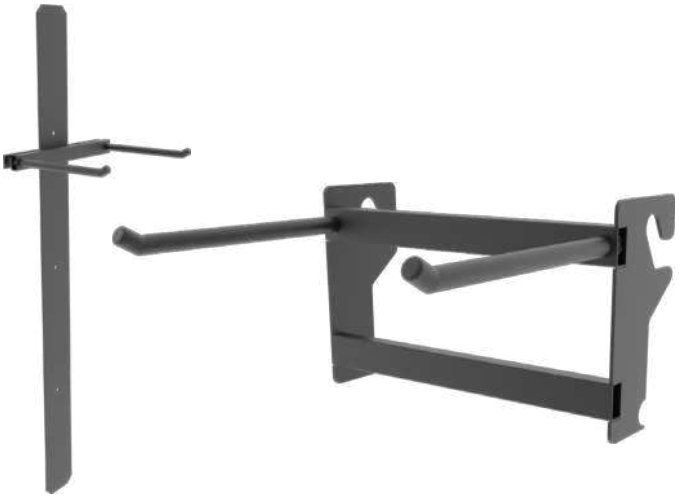


TRX WALL BALL TARGETS

TRX Studio Line Bay Wall Ball Target is now Hyrox®-compliant, so your clients can tackle their next race with confidence.

SKU #: SL39H-BAYTARGET-35
PRODUCT DETAILS
DIMENSIONS: 18” W x 38” H x 13” D

SKU #: SL40-BRDGTARGET
PRODUCT DETAILS
DIMENSIONS: 18” W x 41” H x 17” D



TRX MAT HOLDERS

Hang your mats from the front or side of any Studio Line Bay so they're out of the way while remaining easily accessible to your members.

SKU #: SL45-MATHOLDER-35
SKU #: SL20-MATHOLDER-35
PRODUCT DETAILS

DIMENSIONS
(SIDE): 6" W x 3" L x 61" H
(FRONT): 13" W x 6" W x 23" H



TRX DIP STATION

From tricep dips to elevated lunges, these sturdy, commercial-grade Studio Line attachments turn the Accessory Post into a compound movement powerhouse.

SKU #: SL24-DIPSTATION-BDL-35
PRODUCT DETAILS

DIMENSIONS: 29.3" W x 90" H x 46.3" D



TRX WALL TARGET

Durable, modular panels empower your members to build explosive power, refine their aim, and add variety to their conditioning routine.

SKU #: SL51-WALLTARGET-35
PRODUCT DETAILS

DIMENSIONS: 44" W x 31" H x 4" D



CONTACT US

TRX experts can answer questions about equipment, help you plan a unique layout for your facility, schedule education and assist with purchases.

Contact us today at sales@trxtraining.com to learn more about how TRX can help grow your business.

TRX

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