

Welcome to TRX Suspension Training

By Pamela Greene,
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The search never ends to find the perfect workout or the perfect workout equipment. What will do all the things I need it to do in a short amount of time (because I'm busy) and leave me looking breath taking? If I had the answer to that; then I would want to share that with you. So then I am here to share. I have been privileged to get involved with a training program called TRX Suspension Training. At first glance the TRX (Total Resistance Exercise) looks like a gimmick, but don't let that fool you. The TRX is a serious piece of equipment designed to let you execute bodyweight exercises that are challenging for conditioned trainers yet simple for the beginner. The TRX evolves with your fitness level. It progresses you from where your current fitness level is and adapts to your fitness as it improves.

The TRX (resistance) is a way of training the body. The range of motion and dynamics of the system allows a person to perform unique, multi-plane (frontal, sagittal, and transverse) exercises with varying resistance. This can't be done on regular exercise equipment. This makes TRX a superior tool that can be effectively used for many different types of training like Pilates, stretching, strength training, gold and physical therapy (to name a few). And again, as your fitness level evolves..the TRX adapts to your new level. The TRX could be the last piece of equipment you decide to buy. The TRX delivers an effective total body workout that's a good fit for athletic training, sports conditioning and the general exerciser. The only thing standing in the way of the TRX taking the fitness market by storm is people's lack of knowledge about how truly effective bodyweight training and core conditioning is!

Fort Jackson currently has TRX Suspension Trainers for check out at two of our gym facilities: Andy's Fitness Center and Perez Gym. You can check these out and perform individual workouts on your own using the anchor mounts that have been installed. Posters are also on display to provide a visual of how to execute each workout. When you work out with the TRX Suspension you will be working out your entire body and your core because each TRX exercise forces you to stabilize your muscles and core as you balance to perform the body weight exercises. That's why their motto is "all core...all the time". The TRX is the first bodyweight training system that allows you to perform hundreds of core strengthening exercises anywhere using your own body weight. The TRX is not a pulley and it is not stretchable. It was created by former Navy Seal Officer Randy Hetrick, the now founder of Fitness Anywhere as a way to train and remain in peak condition when space as well as equipment was limited. His end result is the TRX Suspension Trainer. It is made of industrial grade nylon webbing and heavy gauge bonded nylon thread. It has adjustable non-slip cam buckle, club grade grips and a sturdy carabiner with locking tooth to ensure safe training. It can hold up to 350 pounds. And it weighs a mere 1.79 pounds. This makes the TRX Suspension Training one superiorly constructed piece of equipment.

Coming soon are our TRX Group Suspension classes so please make sure you take full advantage of the latest popularity level of the TRX. Group classes continue to be a great way to get into shape. Here at FMWR, Fort Jackson we will feature our group classes using the Sframes (the largest of their anchoring solutions). These classes will provide group training in strength, circuit, core, body conditioning and

more. Here at FMWR, Fort Jackson, the Fitness Department's goal is always to deliver great and effective classes and programs. Check out a suspension trainer and clip into an anchor at Andy's or Perez and make your body your machine.

Pamela Greene, is the Fitness Programmer for FMWR. She can be reached at 751-5768 for more information on classes and general TRX use.