TRX PRO Suspension Training Kit
PLAY
TRX PRO Kit: What’s included

1. TRX PRO Suspension Trainer
   Total body training solution for your clients

2. Get Started Guide
   Setup instructions to get you started and workout cards to keep you going

3. TRX Xtender Strap
   Secure your TRX straps or anchor to high or oversized anchor points

4. Trainer Basics Video
   Video includes:
   - How to Adjust Exercise Intensity
   - Detailed Exercise Library
   - Bonus Moves

5. Door Placard
   Train safe

6. TRX Wristband
   Adult size wristband

7. TRX Wrench
   Keep your TRX Suspension Trainer secure

8. TRX Suspension Anchor
   Set up your TRX Suspension Trainer, anywhere

9. TRX Door Anchor
   Train your clients at home

10. Mesh Carry Bag
    Take your TRX Suspension Trainer wherever you train clients
TRX PRO Kit: What’s new

A full range of anchoring solutions

Corrosion resistant carabiner with pin lock security, designed to support over 1400 lbs/600 Kg

DuPont® Kevlar® Equalizer Loop for extended wear and tear

Commercial-grade rubber handles are ergonomic, anti-slip and easy to clean

Barrel Lock adjusters for improved comfort and ease of use

New videos and cards customized for professional trainers
PRO Digital Videos

- Includes the all-new Trainer Basics video
  - How to progress and modify exercise intensity
  - How to identify common faults
  - Detailed library with 35 exercises
  - Bonus moves
- Get Started guide and video to teach set up and basic use
- Five pre-made workout cards are included in the box
- Video workouts are distributed digitally via My Locker, the new TRX digital online library
- Videos can be streamed and/or downloaded onto any mobile device or computer