

TRAINER  
BASICS DIGITAL  
COURSE

**TRX**<sup>®</sup>

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Workbook

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# Course Objectives

Congratulations on registering for the TRX® Trainer Basics Digital Course!

This introductory home study course takes you step-by-step through the basics of Suspension Training. You will learn the fundamental skills necessary to effectively and safely train your clients on the TRX® Suspension Trainer™.

This Workbook is designed to help you follow along with the online course, and be used as a reference in the future.

There will be a quiz at the end of each section and a final test upon completion of the course that is designed to assess your understanding of anchoring, basic set up and use of the TRX Suspension Trainer. To maximize your learning experience in the course, use this guide to practice the items listed below.

## **Upon completion of the course, you will be able to:**

- > Properly set up the Suspension Trainer
- > Properly perform basic procedures for using the Suspension Trainer
- > Practice modifying exercise intensity using the Suspension Trainer
- > Practicing performing and coaching a variety of TRX exercises and progressions
- > Access further opportunities for TRX professional development

# Steps for a Successful Course

This self-paced course is designed to give you the basic skills to train yourself and others on the TRX® Suspension Trainer™. It is recommended you dedicate at least three hours of study and practice time on the Suspension Trainer based on the information covered in this course. It is also highly recommended that you take a live course to learn the full benefits of TRX® Suspension Training® and experience hands-on training. With our world-class educators, you will have an unforgettable experience and improve your skills. Remember you need to become proficient on the Suspension Trainer before you can bring Suspension Training to your clients.

## During the Course You Will:

**Watch the Trainer Basic Instructional Videos** paying close attention to the cues, modifications and techniques presented so you fully understand the basics of Suspension Training.

**Complete this Trainer Basics Workbook** for additional practice and to reinforce the content covered in the online video content.

**Practice** the exercises provided in the course on your Suspension Trainer. Focus on becoming proficient yourself, monitoring your form and experimenting with how you can progress and regress (modify intensity) each exercise. To truly have the ability to incorporate Suspension Training into your clients programs, you must dedicate time to master each exercise yourself.

**Test yourself** by completing the practical checklist, online quizzes and test.

**Show commitment** by continuing to learn and improve all aspects of your Suspension Training abilities. Visit [TRXtraining.com](http://TRXtraining.com) for more education opportunities.

# Course Outline

<b>Section 1</b>	<b>Time</b>	<b>Section 2</b>	<b>Time</b>	<b>Section 3</b>	<b>Time</b>
Introduction	1:25	6 Body Positions	0:33	TRX Plank Series	5:13
Why Suspension Training?	1:35	6 Procedures	2:40	TRX Pull Series	5:13
Set Up and Anchoring	3:34	3 Principles of Progression	1:46	TRX Push Series	3:35
<b>Section Quiz</b>	--	<b>Section Quiz</b>	--	<b>Section Quiz</b>	--

<b>Section 4</b>	<b>Time</b>	<b>Section 5</b>	<b>Time</b>	<b>Section 6</b>	<b>Time</b>
TRX Hinge Series	4:36	Bonus Moves	5:32	<b>Final Test</b>	--
TRX Squat Series	4:24	What's Next?	1:32		
TRX Lunge Series	3:06	<b>Practical Checklist</b>	3 hours		
<b>Section Quiz</b>	--				

For successful completion of this course, CECs and a Proof of Completion, you must complete each online quiz with a score of at least 80%. There is no time limit on this course, and you may retake each quiz as many times as necessary. All work must be done exclusively by you.

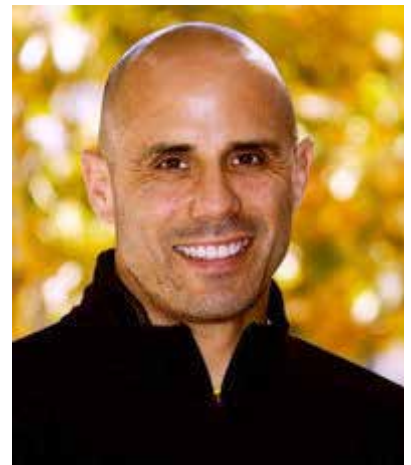
## About the Host

Chris Frankel, MS, is Head of Human Performance for TRX. A coach, trainer and educator for more than 25 years, Frankel has trained and consulted for collegiate and professional sports teams, the U.S. Navy SEALs, U.S. Marine Corps, U.S. Army and U.S. Secret Service.

Prior to working with TRX, Frankel served as instructor of record for undergraduate and graduate courses in the department of Health, Exercise and Sports Science at the University of New Mexico where he is currently completing his PhD in exercise physiology.

He has published numerous fitness and training articles, co-authored a book chapter for the National Academy of Sports Medicine, and co-authored research articles in peer-reviewed journals. He presents nationally on topics related to training and human performance.

His current area of concentration is functional conditioning with emphases on evaluation and training of high-intensity exercise, repeated sprint ability and the effect of external loading on energetics.



**Chris Frankel**

Head of Human Performance, TRX Training



## Origins of TRX®

In wharf-side warehouses, urban-safe houses and submarines, Randy Hetrick and his Navy SEAL teammates needed a way to stay in peak condition while on missions with limited space and no access to fitness equipment.

Using parachute webbing, an old jujitsu belt and ingenuity, Hetrick made the first incarnation of what would later evolve into the TRX® Suspension Trainer™.

After leaving the SEALs, Hetrick completed his MBA at Stanford where he invented the TRX Suspension Trainer, a professional-grade training apparatus with hundreds of exercises. The result was a portable, lightweight, robust training tool that anyone can use anywhere to efficiently enhance performance across broad domains in sport and life, including prehab, rehab and all points in between.

Today, TRX continues to innovate with bold new education, programming and equipment offerings (such as the Rip® Trainer) that embody the TRX approach to functional training in order to help people reach their training goals.

## What is Suspension Training®?

Suspension Training refers to TRX's proprietary collection of unique bodyweight exercise movements, coaching cues and program principles. These movements are distinguished from traditional exercises in that either the user's hands or feet are generally

supported by a single anchor point while the opposite end of the body is in contact with the ground. Using the Suspension Trainer, the desired percentage of bodyweight is loaded onto the targeted muscle groups and animated as an exercise movement.

The Suspension Trainer's single point attachment provides the ideal mix of support and freedom of movement to train strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of intensity.



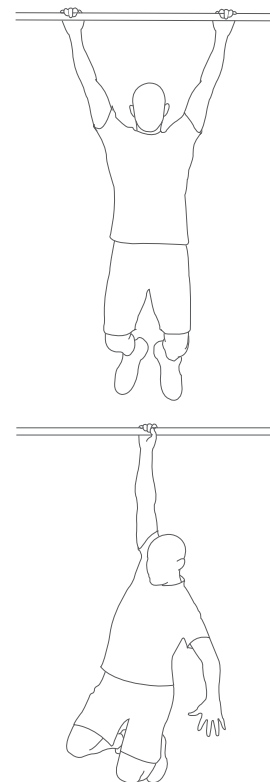
## How Suspension Training® Works

When a body hangs from an overhead support point, its center of gravity seeks the lowest point towards the ground. For example, when you hang from a pull-up bar with both hands, your center of gravity is being pulled down by the force of gravity. If you were to let go and hold with only one hand, your body would tilt and rotate, once again so that your center of gravity would hang at its lowest point.

Exercising on the Suspension Trainer uses gravity and movement to generate neuromuscular responses to changes in body position and forces acting on the body. Exercising on the Suspension Trainer integrates strength, mobility and

balance into a single dynamic format that exploits neuromuscular responses and maximizes the benefits of bodyweight exercise for faster results.

The principles of TRX Suspension Training bodyweight exercise have existed for hundreds of years. The ancient Chinese acrobats were the first known masters of gymnastic performance and the concept of bodyweight exercise was performed in the Roman Legions. Today, gymnasts and technical rock climbers have become the modern day masters of bodyweight training on the mat, rock and across a variety of apparatuses.



# Components of the TRX® PRO Suspension Trainer™

The Suspension Trainer you see today was created after years of extensive research and development. It is constructed to exceed the demands of the most extreme training environments, yet it remains easy to use. You can train yourself and your clients with confidence.

Write the correct names for each component that correspond to the numbers in the diagram.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

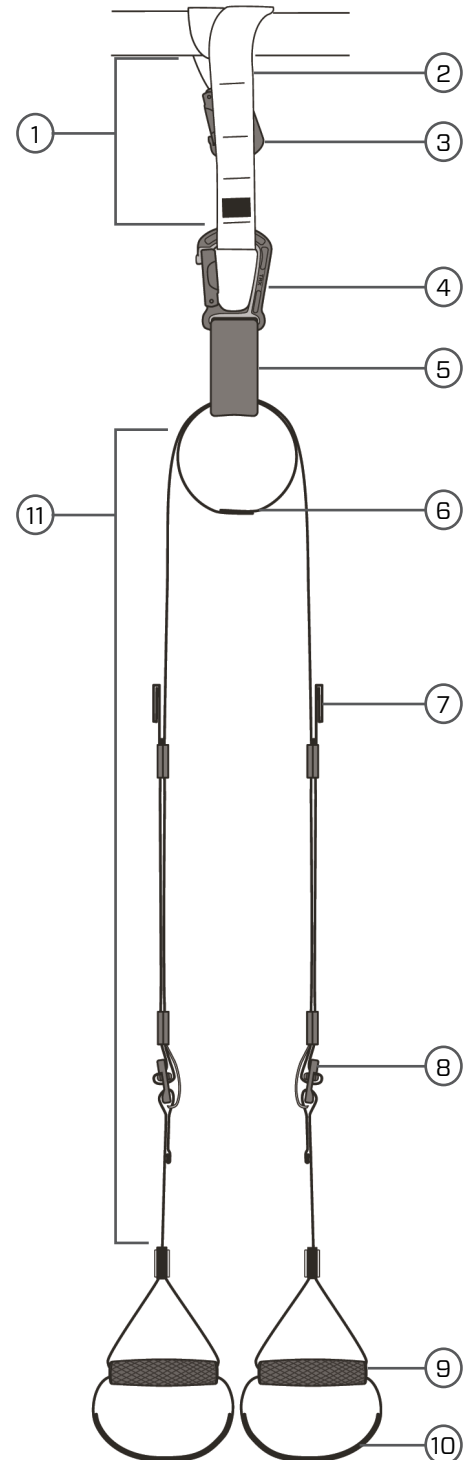
7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_



## Answer Options

- |                           |                   |
|---------------------------|-------------------|
| Adjustment Tabs           | Locking Carabiner |
| Anchor Carabiner          | Locking Loop      |
| Barrel Lock Adjusters     | Main Strap        |
| Equalizer Loop            | Rubber Handles    |
| Foot Cradles              | Suspension Anchor |
| Intermediate Anchor Loops |                   |



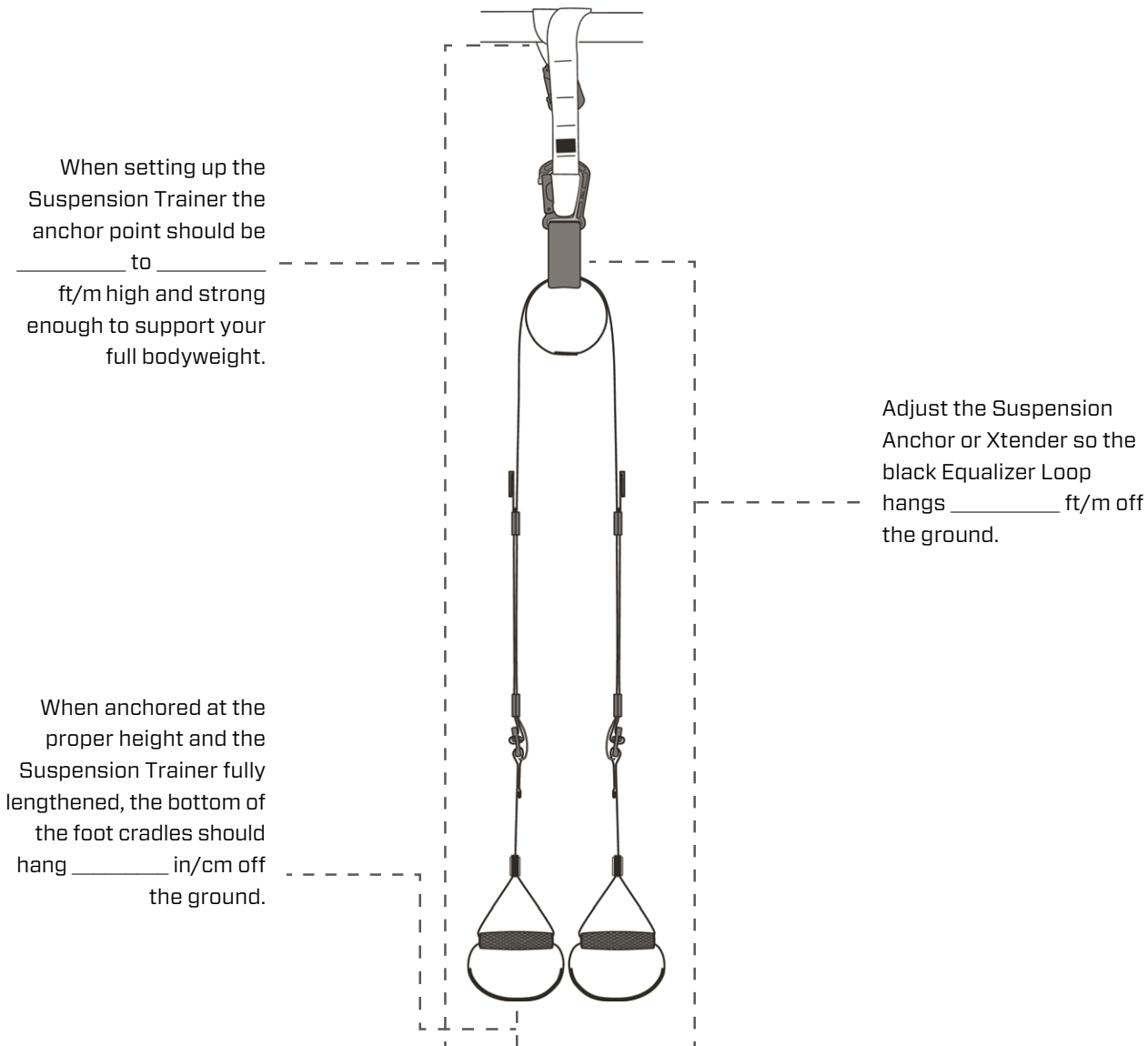
# Set Up and Anchoring of the Suspension Trainer

## TRX Suspension Anchor

The detachable Suspension Anchor comes with the Suspension Trainer in its package. This three-foot length of nylon webbing is composed of a carabiner, intermediate anchor loops and the main anchoring loop that supports the rest of the Suspension Trainer. The Suspension Anchor must be anchored properly in order to perform all Suspension Training exercises correctly and safely.

## Anchoring the Suspension Trainer

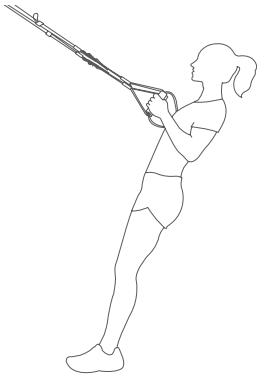
Fill in the blanks for the ideal anchoring configuration below.



# Six Body Positions (6)

The reference point for the six body positions is the anchor point.  
Write out each of the body positions below.

## There are Three Basic Standing Positions



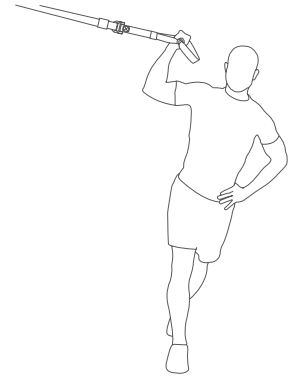
1

\_\_\_\_\_   
the anchor point



2

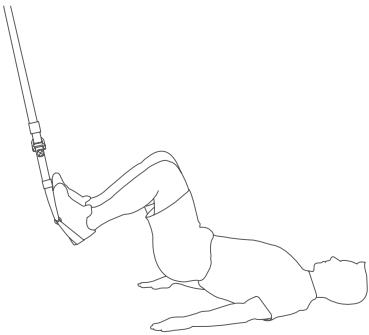
\_\_\_\_\_   
from the anchor point



3

\_\_\_\_\_   
to the anchor point

## There are Three Basic Ground Positions



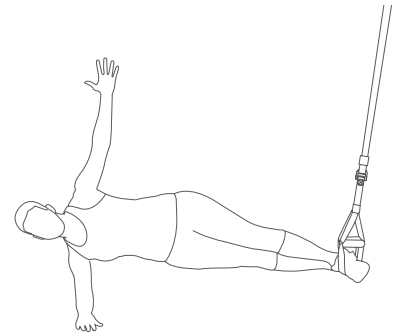
4

\_\_\_\_\_   
the anchor point



5

\_\_\_\_\_   
from the anchor point



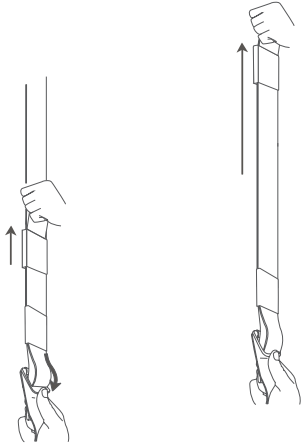
6

\_\_\_\_\_   
to the anchor point

# Six Procedures (6)

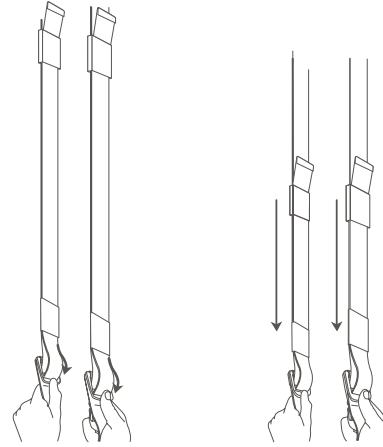
Teaching your clients to master the six basic procedures will contribute to the success of every workout.  
**Fill in the blanks below.**

## 1 Adjusting the Length of the TRX Suspension Trainer



How to \_\_\_\_\_ straps:

- 1 Grab one strap.
- 2 Tilt the \_\_\_\_\_ towards you to unlock the strap.
- 3 Pull the yellow \_\_\_\_\_ up with your opposite hand.
- 4 Repeat on the other side.

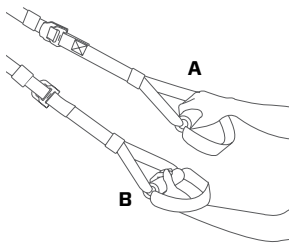


How to \_\_\_\_\_ straps:

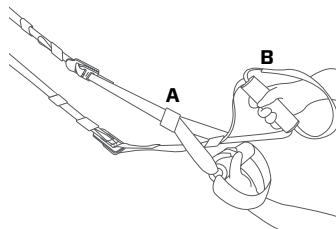
- 1 Grab both straps and tilt each \_\_\_\_\_ towards you to unlock the straps.
- 2 Pull down on both \_\_\_\_\_.

## 2 \_\_\_\_\_ (SHM)

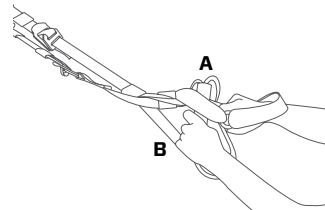
Knowing how to properly configure SHM will ensure a safe and effective workout. Always perform a test load before beginning exercise.



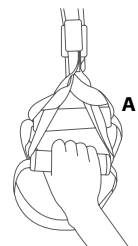
- 1 Hold handle A on top of handle B.



- 2 Pass handle B through the triangle-shaped webbing of handle A. Switch hands.



- 3 Repeat by passing handle A through the triangle-shaped webbing of handle B. Switch hands.



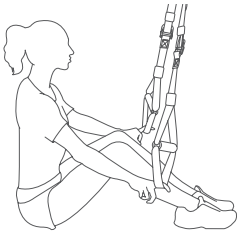
- 4 Pull handle A toward you to lock. When properly configured, the handles should look like this.

# Six Procedures (6)

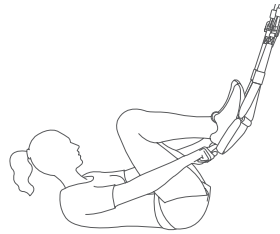
Fill in the blanks below.

## 3 Heels In

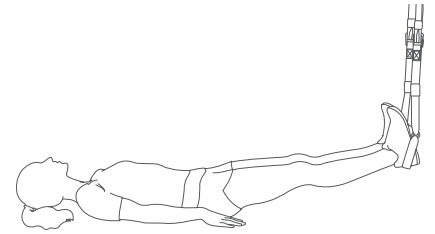
This procedure is used for most \_\_\_\_\_ (GF) exercises. Adjust the Suspension Trainer so the bottom of each foot cradle is at mid calf length or about \_\_\_\_\_ to \_\_\_\_\_ in/cm off the ground.



1 Sit facing the Suspension Trainer and hold each foot cradle with your index finger.



2 Roll backward bringing your knees into your chest and simultaneously place both heels into foot cradles.

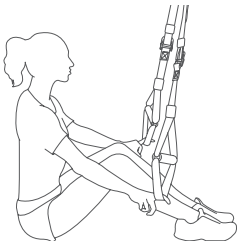


3 Press down with heels and extend your legs.

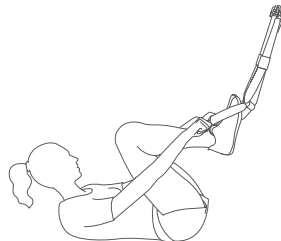
## 4 Toes In

This procedure is used for most \_\_\_\_\_ (GFA) and \_\_\_\_\_ (GSW) exercises. Adjust the Suspension Trainer so the bottom of each foot cradle is at mid calf length or about \_\_\_\_\_ to \_\_\_\_\_ in/cm off the ground.

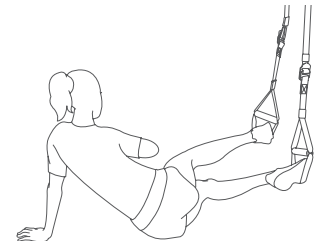
### Method One



1 Sit facing the Suspension Trainer and hold each foot cradle with your index finger.

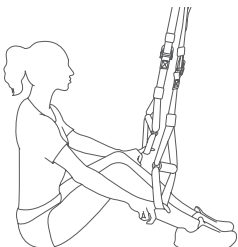


2 Roll backward bringing your knees into your chest and simultaneously place both foot cradles over feet.

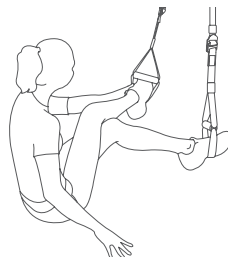


3 Keep feet pulled towards knees and roll onto hands and knees, allowing feet to rotate inside the foot cradles.

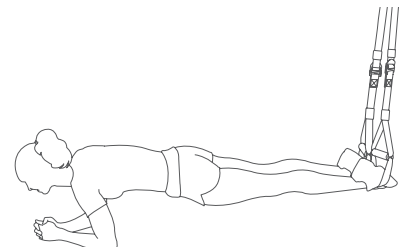
### Method Two



1 Sit facing the Suspension Trainer and hold each foot cradle with your index finger.



2 Place the right foot, toes first, into left cradle. Cross left foot over right and place into cradle.



3 Roll to the right while pointing your toes to allow feet to rotate inside the foot cradles, onto hands and knees.

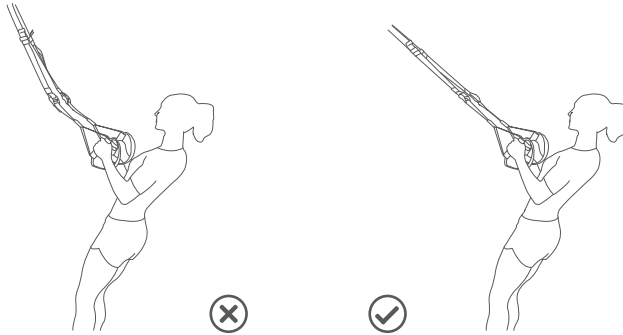
# Six Procedures (6)

Fill in the blank below.

## 5 Even Pressure

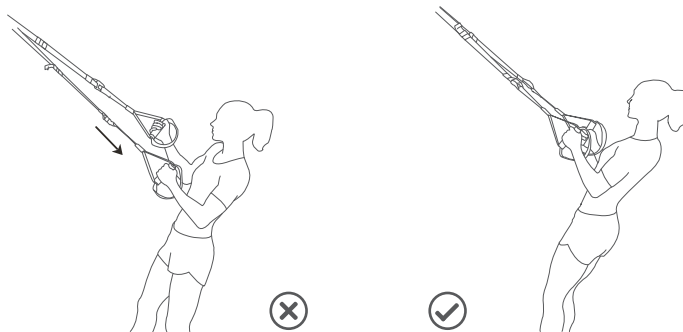
### Keep Tension on the TRX Straps

The Suspension Trainer straps should never go slack during exercises. Keep tension on the Suspension Trainer at all times.



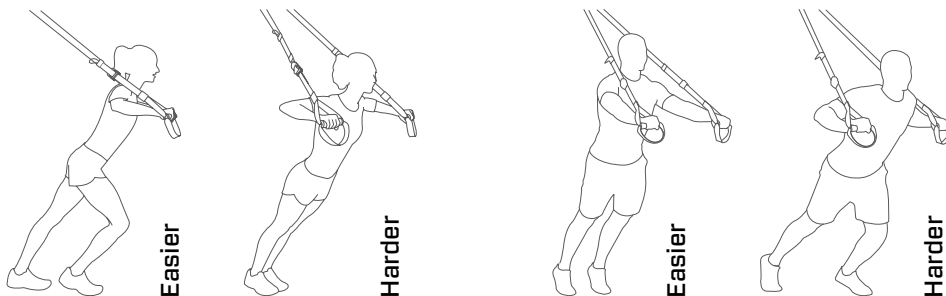
### No Sawing

The Suspension Trainer is NOT a pulley. Do NOT perform sawing motions, which will cause premature wear of the Suspension Trainer. Keep \_\_\_\_\_ (equal/ uneven) pressure on both handles at all times.



## 6 Offset Foot Position

This technique allows you to unload an upper body movement (i.e. TRX Chest Press and the shoulder series) into the lower body and to maintain even tension throughout the full range of motion.



# Three Principles of Progression (3)

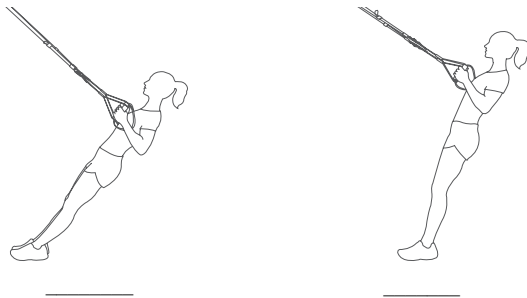
The three principles of progression allow you to modify intensity for any exercises on the Suspension Trainer.

Fill in the blanks below.

## 1 Principle: \_\_\_\_\_ Change Body Angle to Adjust Resistance

This principle determines the level or resistance based on your bodyweight and working angles. Change your body angle by taking a step forward or backward to modify resistance.

Label the body angle images below from easiest (1) to hardest (2) based on this principle.



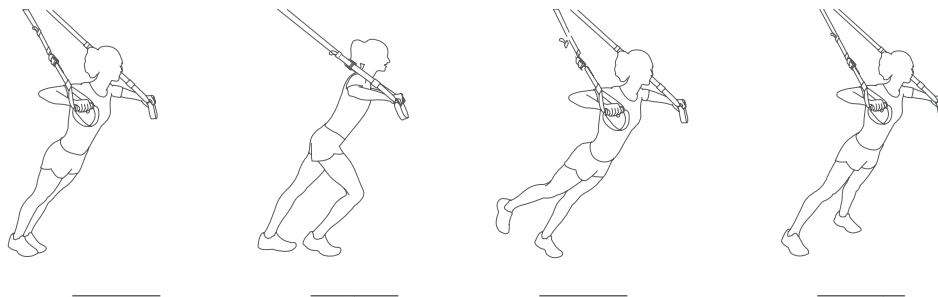
## 2 Principle: \_\_\_\_\_ Change Base of Support to Adjust Stability

\_\_\_\_\_ (stability/strength) is a function of the relationship between your center of gravity (COG) and your base of support. As the base of support decreases or the COG moves outside the base of support, stability \_\_\_\_\_ (increases/decreases).

### Standing Positions

\_\_\_\_\_ (increasing/decreasing) your base of support (i.e. bringing feet together or standing on one leg) challenges your stability and requires more core engagement. The farther your COG moves outside its base of support, the less stable you become, and the more your body wants to tip over or rotate. These tipping/rotational forces must be countered by muscular force in order to stabilize your body position.

Label the body angle images below from easiest (1) to hardest (4) based on this principle.



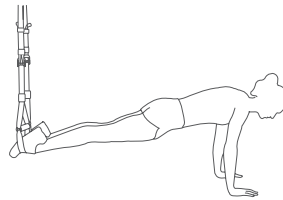
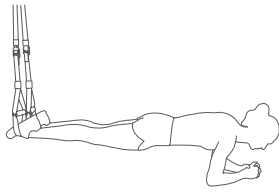
# Three Principles of Progression (3)

Fill in the blanks below.

## Ground Positions

Stability \_\_\_\_\_ (increases/decreases) as the COG gets vertically (taller) farther away from the base of support. Performing plank position exercises from your elbows is \_\_\_\_\_ (more/less) stable than performing them on your hands.

Label the body angle images below from easiest (1) to hardest (2) based on this principle.



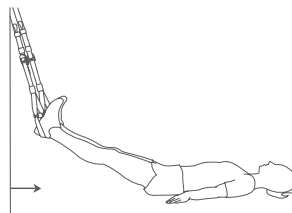
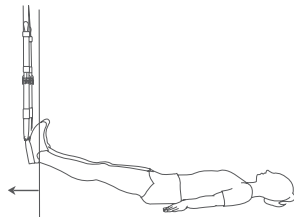
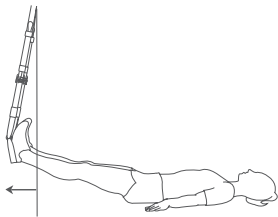
## 3 Principle: \_\_\_\_\_ Change Starting Position to Adjust Stability

For most ground-based exercises (GF, GFA), your foot placement relative to the anchor point determines the resistance of the exercise. The Suspension Trainer naturally hangs straight down in a neutral position beneath the anchor point. You can assist or resist an exercise by changing the starting position relative to the neutral position.

Moving your starting position behind neutral, with your head and feet on opposite sides of the anchor point, will cause gravity to pull the TRX and your body in the direction of your movement. This makes the exercise \_\_\_\_\_ (harder/easier) to perform with \_\_\_\_\_ (more/less) resistance.

Moving your starting position in front of neutral, with your head and feet on the same side of neutral, will cause gravity to pull the TRX and your body in the opposite direction of your movement. This makes the exercise \_\_\_\_\_ (harder/easier) to perform with \_\_\_\_\_ (increased/decreased) resistance.

Label the body angle images below from easiest (1) to hardest (3) based on this principle.



# Practical Checklist

In addition to the online content, you are required to complete at least three hours of practice on the TRX Suspension Trainer as described below. We recommend completing the checklist with a colleague, fitness manager or staff member.

## 1 Components, Set Up and Anchoring

- Correctly identify and describe the components of the TRX Suspension Trainer (Suspension Anchor, Anchor Carabiner, Intermediate Anchor Loops, Main Carabiner, Locking Loop, Equalizer Loop, Main Strap, Mid Length Marks, Adjustment Tabs, Barrel Locks, Handles, Foot Cradles)
- Anchor the Suspension Trainer properly as described in the video (anchor is 7-9 ft or 2.1-2.7 m off the ground, adjust the length appropriately to anchor point).

## 2 Six Body Positions (6)

- Practice the Stand Facing position using the TRX Low Row and complete 5 reps
- Practice the Stand Facing Away position using the TRX Chest Press and complete 5 reps
- Practice the Stand Sideways position using the TRX Biceps Curl (Single Arm) and complete 5 reps each side
- Practice the Ground Facing position using the TRX Hamstring Curl and complete 5 reps
- Practice the Ground Facing Away position using the TRX Plank and hold for 30 seconds
- Practice the Ground Facing Sideways position using the TRX Side Plank and hold for 30 seconds each side

## 3 Six Procedures (6)

- Practice shortening the Suspension Trainer
- Practice lengthening the Suspension Trainer
- Practice putting the Suspension Trainer into Single Handle Mode (SHM) and complete 5 reps of the TRX Biceps Curl (Single Arm)
- Practice suspending heels in the foot cradles and complete 5 reps of the TRX Hamstring Curl
- Practice suspending toes in the foot cradles using both methods and complete 5 reps of the TRX Crunch
- Practice the offset foot position and complete 5 reps of the TRX Y Fly



# Practical Checklist

## 4 Three Principles of Progression (3)

- Practice the Vector Resistance® Principle using the TRX Low Row with 3 reps at each angle (shallow, medium, deep)
- Practice the Pendulum Principle using the TRX Hamstring Curl with 3 reps at each angle (neutral, behind neutral, and in front of neutral)
- Practice the Stability Principle using the TRX Chest Press with 3 reps each (offset stance, wide stance, narrow stance, single leg)

## 5 Trainer Basics Exercises (Self-Practice)

Ensure you can properly perform 5 reps or 30 seconds of each Trainer Basics exercise to standard as outlined on the video before moving on to checklist item six.

### Plank

---

- TRX Plank
- TRX Body Saw
- TRX Side Plank

### Pull

---

- TRX Low Row
- TRX Low Row (Single Arm)
- TRX Y Fly
- TRX Split Fly
- TRX Biceps Curl
- TRX Biceps Curl (Single Arm)

### Push

---

- TRX Chest Press
- TRX Chest Press (Single Leg)
- TRX Clock Press
- TRX Triceps Press

### Hinge

---

- TRX Hip Press
- TRX Hamstring Curl
- TRX Overhead Back Extension

### Squat

---

- TRX Squat (Bottom Up)
- TRX Squat
- TRX Squat (Single Leg)
- TRX Overhead Squat

### Lunge

---

- TRX Lunge
- TRX Lunge (Bottom Up)

### Bonus Moves

---

- TRX Pendulum
- TRX Atomic Push-Up
- TRX Squat Row
- TRX Squat Y Fly
- TRX Burpee
- TRX Lower Back Stretch
- TRX Lower Back Stretch (with Rotation)
- TRX Forward Lunge to Hip Flexor Stretch
- TRX Long Torso Twist

# Practical Checklist

## 6 Trainer Basics Exercises (Partner Practice)

After successfully performing each exercise on your own, practice coaching someone (another trainer, friend or family member) through each task below using cues from the video.

- Coach your participant through the six positions relative to the TRX Suspension Trainer (SF, SFA, SSW, GF, GFA, GSW)
- Coach your participant through the six procedures (lengthen, shorten, SHM, toes in, heels in, off-set)
- Coach the Vector Resistance Principle using the TRX Row
- Coach the Pendulum Principle using the TRX Hamstring Curl
- Coach the Stability Principle using the TRX Chest Press
- Coach two exercises from the Plank Series (Plank, Body Saw, or Side Plank)
- Coach two exercises from the Pull Series (Low Row, Low Row (Single Arm), Y Fly, Split Fly, Biceps Curl or Biceps Curl (Single Arm))
- Coach two exercises from the Push Series (Chest Press, Chest Press (Single Leg), Clock Press, or Triceps Press)
- Coach two exercises from the Hinge Series (Hip Press, Hamstring Curl, or Overhead Back Extension)
- Coach two exercises from the Squat Series (Standard, Bottom Up, Single Leg, or Overhead)
- Coach two exercises from the Lunge Series (Standard and Bottom Up)
- Coach four exercises from the Bonus Moves Series (Pendulum, Atomic Push-up, Squat Row, Squat Y Fly, Burpee, Lower Back Stretch, Lower Back Stretch (with rotation), Forward Lunge to Hip Flexor Stretch or Long Torso Twist)

Now that you have completed the online videos, workout book and practical sections of the course, you should be prepared to successfully take the final online test. You will need to pass the test with a score of at least 80% to complete the course, earn CECs and receive a Proof of Completion.

# What's Next?

Congratulations! You now have the knowledge to perform and coach a variety of TRX upper body, lower body and core specific exercises and progressions. Below are some suggestions to help you stay connected to the TRX Training community, expand your knowledge of Suspension Training and keep your TRX workouts fresh and exciting.

## Learn More

TRX offers other one-day, hands-on courses to help you differentiate yourself and grow your training business. Take a live TRX Professional Education Course to continue your TRX knowledge, get TRX Qualified and join the TRX Directory.

### **TRX® Suspension Training® Course (L1) (STC)**

FOCUS: Teach TRX Suspension Training exercises in a one-on-one personal training environment.

- > Properly perform more than 70 TRX exercises
- > Progress and regress TRX exercises for all fitness levels
- > Adjust resistance and stability for all exercises
- > Cue and correct common faults

### **TRX® Group Suspension Training® Course (L1) (GSTC)**

FOCUS: Teach TRX Suspension Training exercises in a group environment.

- > Teach 2 different TRX group workout formats
- > Design group TRX workout to fit your own style
- > Cue TRX Suspension Training exercises in a group setting

### **TRX® Rip® Training Course (L1) (RTC)**

FOCUS: Teach Rip Training exercises in a one-on-one personal training environment.

- > Correctly set up and use the Rip Trainer in various environments
- > Use the Rip Trainer device to get a dynamic total body workout
- > Safely and effectively instruct others on the Rip Trainer device
- > Clearly articulate the science and benefits behind Rip Training exercises

### **TRX® Group Rip® Training Course (L1) (GRTC)**

FOCUS: Teach Rip Training exercises in a group environment.

- > Teach 2 different Rip group workout formats
- > Cue Rip Training exercises in a group setting
- > Scale Rip Training group workouts to accommodate all levels of fitness

### **TRX® Cardio Tennis® Suspension Training® Course (L1) (TRXCSTC)**

FOCUS: Teach TRX Suspension Training and Cardio Tennis group programming in an on-court environment.

- > Correctly set up and use the TRX Suspension Trainer in the tennis environment
- > Teach a TRX Cardio Tennis class from four lesson plans
- > Demonstrate and cue TRX Cardio Tennis exercises

### **TRX® Sports Medicine Suspension Training® Course (L2) (SMSTC)**

FOCUS: Use the TRX Suspension Trainer for rehabbing and preventing injuries in an one-on-one personal training environment.

- > Competently demonstrate and teach back TRX Sports Medicine exercises and modifications
- > Provide therapeutic and preventative exercise applications for common musculoskeletal injuries
- > Review treatments for common injuries through case scenario formats

### **TRX® FORCE Trainer Course (L2) (FL2)**

FOCUS: Teach TRX FORCE tactical exercises in a one-on-one personal training environment.

- > Correctly set up and use the TRX Tactical Suspension Trainer
- > Leverage exercises and workouts from the TRX FORCE Tactical Conditioning Program for Unit PT programs
- > Progress and regress TRX exercises for all fitness levels
- > Cue and correct common faults

Sign up at [TRXtraining.com/education](https://www.trxtraining.com/education)

# JOIN THE CORE™

The TRX CORE is a community of TRX Education live course graduates who want to move better, train better and be better. Training is more than a job for CORE members—it's a passion, a career and something that defines who they are.

When you Join The CORE, you immediately gain exclusive access and opportunities—and an elite identity that sets you apart from the crowd, attracts clients and helps you win.

## When you Join The CORE you'll get:

Exercise coaching and training insights from leading experts

Choreographed real-time workouts

Premium placement in the TRX Directory

TRX Pro Logo, marketing materials and postcards

Deals on TRX products and events

TRX CORE™ apparel

TRX Ambassador Program

To Join The CORE, visit: [TRXtraining.com/jointhecore](http://TRXtraining.com/jointhecore)

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