

What is TRX Suspension Training?

TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries.

What are some of the advantages of using the TRX system?

You can minimize your training time by working your whole entire body switching from one exercise to the next in just seconds. Do you know what the best part is? Every exercise you have to engage your core. Now you may think that your core is just your abdominals, however it is more than that! Your core includes the pelvis, abs, back and chest muscles. It is this core that offers your body stability, balance and flexibility. Everything you do in your life starts with your core, whether it is bending over to pick up the pen you dropped on the floor, washing your car, playing basketball with your kids, or participating in an Ironman. A strong and stable core is important to help prevent injuries, not just in your low back but in your entire body. Just think of how developing good core strength and stability will only enhance your performance and way of life!

Another advantage is by using your own body weight and gravity you are able to adjust to your own personal fitness level just by walking yourself closer or further away from the anchoring point. That means you do not have to go grab a different set of dumbbells or add more weight to the machine, you just simply adjust your foot placement. This keeps you constantly challenging your body through every exercise, minimizing wasted time switching weights.

Why should we train on the TRX over traditional styles of training?

Traditional styles of training are performed in what we call Sagittal plane of motion meaning moving forward, backward, push, pulling type of exercises while seated. An example would be a seated chest press, a seated cable row, and leg press, none of these challenging the core. Do we always move in our daily routine only forward and backward? The answer is NO! We move left, right, forward, backward, diagonal, reaching, and twisting. Don't you think we should train our bodies the same way? This is exactly why the TRX helps prevent injuries. Besides by developing a strong and stable core, you are moving in multi-planes through different exercises, training your body for daily activities and reducing chances of injuries.

What are some of the exercises I can do to enhance my performance?

Chest Press, Row, Lunge, Squat, Plank, Tucks, Pike, Side Lunge, Oblique Twist, Back Extension.

To schedule your first TRX Suspension Training appointment please contact PFT Katrina Yniguez (kyniguez@sacdt.com).

