

TRX®

TRX® MOVE SYSTEM

TRX® MOVE SYSTEM is great for workouts of all levels and all goals!
Its fun, fast, and effective and will help you burn fat and build core strength.



TRX® MOVE System is for those beginning their fitness journey so they can move better in life and sport. If you want to burn fat, build muscle, develop a strong core and increase mobility the TRX MOVE System is the next tool to put in your fitness bag.

PACKAGING

Translated in 7 languages!
English, German, French, Italian, Spanish, Japanese and Mandarin



INCLUDES 6 FREE INTRODUCTORY TRX VIDEO WORKOUTS

15 MINUTE WORKOUTS TO GET YOU FIT QUICK

 [DOWNLOAD AT TRXTRAINING.COM/MYLOCKER](https://www.trxtraining.com/mylocker)

WHAT'S INCLUDED

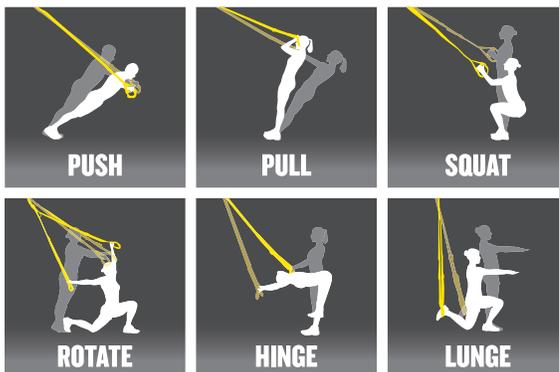
- A. TRX MOVE SUSPENSION TRAINER™
- B. 6 WORKOUT DOWNLOADS
- C. WORKOUT POSTER IN 7 LANGUAGES
- D. SUSPENSION ANCHOR
- E. DOOR ANCHOR
- F. MESH CARRY BAG



7 SIMPLE MOVEMENTS = 100'S OF EXERCISES

New to Bodyweight Training? Not sure what SUSPENSION TRAINING® is? Fear not. TRX is rooted in 7 foundational movements – push, pull, plank, lunge, hinge, squat and rotate. From these 7 simple moves, you will progress into hundreds of different exercises by simply using your bodyweight and TRX. Soon, your body will begin to lead the way and progress you into your own transformative fitness best.

PROVEN RESULTS IN LESS TIME



VISIT US AT [TRXTRAINING.COM](https://www.trxtraining.com)
FOLLOW US ON FACEBOOK, INSTAGRAM,
TWITTER & PINTEREST

MAKE YOUR BODY YOUR MACHINE®

**ONE PRODUCT. COUNTLESS MOVEMENTS.
ENDLESS POSSIBILITIES.**

- 6 video workout downloads
- Fitness poster with 2 full workouts, multiple exercises and translated in 7 languages
- Leverage your own bodyweight to increase and decrease the intensity of your workouts
- Scientifically validated and proven to activate more muscles, delivering more results in less time
- Bodyweight Suspension Training has been proven to increase muscular activation, reduce injury risk and accelerate results
- Easy to pack & travel with yet durable enough to give you fun, fast and effective workouts in as little as 15 minutes per day
- Perfect for any age, any level, any goal

TRX® MOVE SUSPENSION TRAINER™



DOOR ANCHOR



WORKOUT
INDOORS

SUSPENSION ANCHOR



WORKOUT
OUTDOORS

CARRY BAG



TRAVEL
WITH IT!



TRX® TRX MOVE SYSTEM

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