



SLINGFITNESS®

TRX® Suspension Trainer Course



Date: _____
 Time: _____
 Location: _____

Course alone \$295

Instructors Value Bundle 1 - \$500

Includes: Course Registration, 1 x TRX Professional, 1 x DVD - Core Strength Volume 1
 RRP \$584.95 **SAVE \$84.95**

Instructors Value Bundle 2 - \$500

Includes: Course Registration, 1 x TRX Force Training Kit (Military TRX, 1 x Military Fitness Guide & 1 x Door Anchor)
 RRP \$584.95 **SAVE \$84.95**

Benefits of the Course:

This one day course provides the comprehensive education necessary for you to effectively and safely train your clients. In this course you will learn:

- Hundreds of exercise progressions
- Full-body flexibility protocol
- Suspension Training biomechanics
- Functional training principles applied specifically to the TRX
- How to adapt Suspension Training for any user
- How to apply the TRX in a group training setting and develop innovative classes
- Cutting-edge sports science and professional athletic programming

Who Teaches the Course?

Our Suspension Training Instructors, have been selected for their professionalism, energy and proficiency in effectively teaching Suspension Training and its application.

EARN 8 HOURS OF CECs for Fitness Australia, ACE, NASM, NSCA, NFPT, Can Fit Pro

For more information and to register contact:

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