



# TRX HOME GYM

The TRX HOME GYM is the best selling, first in class all-in-one, total-body workout system that sets up fast for workouts at home, the office or anywhere you go. The TRX HOME GYM is the gold standard in advanced bodyweight training.



## WHO'S IT FOR

The TRX HOME GYM is for anyone active and time starved, but wants to get their workouts in. The TRX HOME GYM is designed to be the most scalable and effective training system for staying fit, getting lean, building muscle and losing weight. The TRX HOME GYM is ideal for the on-the-go professional or parent that want a turnkey solution for working out on their time, their schedule, wherever they are.

## OVERVIEW

With over 100+ scalable exercises, the TRX HOME GYM provides a fast and easy total body workout, no weights required. The durable, light-weight Suspension Trainer sets up in less than 60 seconds and can be hung anywhere with multiple anchoring options. The TRX HOME GYM includes access to digital content, where you get 6 custom workouts designed to allow you to focus on your total body or target specific muscle groups.

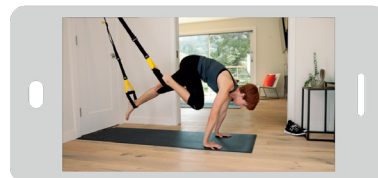
To make exercise and working out easy when on the go, you have access to the free TRX App. The App comes loaded with targeted fat burning and muscle building workouts, as well as activity specific workouts for purchase, like TRX for Yoga.

**\$199.95** MSRP

## PACKAGING

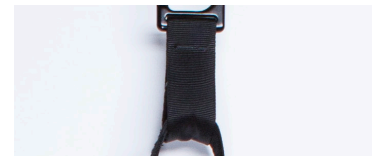


## THE TRX APP



### CARABINER

Custom light carabiner designed to hold the TRX user with a 6x safety factor.



### EQUALIZER LOOP

Self leveling straps that allow for quick transitions.



### LOCKING LOOP

A safety feature that keeps the user from falling if grip is lost on one handle.



### ADJUSTMENT

Light weight buckle for easy adjustment.



### HANDLES

Durable, soft padded handles, for extra grip and comfort.



### FOOT CRADLES

Designed for a range of shoe sizes & padded for barefoot comfort.

Available on:



## WHAT'S INCLUDED

### A. TRX HOME SUSPENSION TRAINER

Workout anywhere.

### B. TRX SUSPENSION ANCHOR

The Suspension Anchor allows you to hang your straps from bars, poles, beams, fences, trees – almost anything that will support your weight. Clip on your straps and you're ready to workout.

### C. TRX DOOR ANCHOR

Set up your TRX Suspension Trainer on any sturdy door.

### D. ACCESS TO DIGITAL CONTENT

Use your key to access your 6 custom workouts at [TRXtraining.com/my-locker](http://TRXtraining.com/my-locker).

### E. MESH CARRY BAG

Take your TRX Suspension Trainer straps with you, anywhere, in this convenient storage bag.



## PRODUCT FEATURES

### SUSPENSION TRAINER

Weight at 1.4 lbs (.6 kg) and designed to support up to 350 lbs (158 kg).

### TRAVEL WEIGHT

2.2 lbs (1 kg) – includes the Suspension Trainer, Suspension Anchor, Door Anchor, and mesh carry bag.

### ANCHORING OPTIONS

Door and Suspension Anchor for indoor and outdoor use.

### CARABINER

Customized light weight carabiner designed to securely hold the TRX user with a 6x safety factor.

### EQUALIZER LOOP

Self leveling feature that allows the user to quickly equalize the length of the straps without using the adjustment buckle. This allows quick transition between exercises.

### LOCKING LOOP

A safety feature that keeps the user from falling if there is loss of grip on one of the handles. The locking loop also allows for quick transition to asymmetrical (one sided) exercises.

### ADJUSTMENT

Barrel lock adjusters with a revolutionary low profile steel slide mechanism for improved comfort and easy adjustment.

### FOOT CRADLES

Designed to accommodate a large variety of shoe sizes and padded for comfort when training barefoot.

### HANDLES

High strength handles designed for durability. Padded with soft foam for comfort and extra gripping strength.

### BAG

Mesh carry bag, portable and easy to store.

### PROGRAM

5 modular 15 minute workouts + 30 minute total bodyweight workout that you can mix and match to meet your personal goals.

### DIGITAL CONTENT

6 workout videos.

### MOBILE APP

TRX App.

### PRINTED MATERIAL

Set up and use instructions.

### WARRANTY

1 year warranty + 30 days risk-free guarantee or your money back.

**TRX**

**TRX HOME GYM**

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