



## **TRX Suspension Training – New Classes and One-on One Coaching at Hands on You!**

### **What is it?**

TRX Suspension Training is a versatile and effective training method regardless of age, gender and fitness level, and is relevant to everyone who seeks a method to safely and rapidly improve their fitness. The training movements utilized on the TRX is 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 TRX, the desired percentage of bodyweight is loaded onto the targeted muscle groups and animated as an exercise movement. The TRX'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.

### **Origins**

Elements of functional/bodyweight training have existed for hundreds of years in various forms. Formal bodyweight exercise was performed in the Roman Legions, and ancient Chinese acrobats were the first known masters of gymnastic performance. Combat units in the 19<sup>th</sup> Century and early mountaineers worldwide developed a range of climbing-related training activities with ropes to practice and prepare for the rigors of combat and mountain expeditions. Without question, gymnasts and technical rock climbers have become the modern day masters of bodyweight training on the mat rock and across a variety of apparatuses.

### **What are the Results?**

Exercising on the TRX utilizes gravity and movement to generate neuromuscular responses to changes in body position and mechanical advantage. You experience these responses as work. Movements using the TRX integrate strength and balance into a single dynamic format that taxes the nervous system at a high level and maximizes the benefits of bodyweight exercise for faster results.

### **Give it a Try!**

Suspension Training workouts give participants an edge over conventional strength training because every exercise builds true functional strength and improves flexibility, balance and core stability all at once.



- To check out our full schedule for TRX Training; or to inquire about one-on-one Personal Training with Specialist and group training coach Marie Crawford using this revolutionary training method, go to
- [www.handsonyou.ca](http://www.handsonyou.ca) or call 416-462-9277