

# TRX TRAINING EXTREME



**HOW TO USE SUSPENSION TRAINING  
TO TRAIN AND TONE YOUR BODY**

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# Foreword

Nowadays, just about everybody wants to keep fit and healthy to walk around with an attractive body. All the same, most of the individuals do not get sufficient time to join training courses and visit a gymnasium. To make up for this issue, they may look for workout equipment that may assist them in losing a considerable amount of weight and getting in shape at home. Get all the info you need here.



## ***TRX Training Extreme***

How to use suspension training to train and tone your body

# Chapter 1:

## *TRX Basics*

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The TRX suspension trainer is a piece of workout equipment which took an easy idea which may be utilized for complex and ambitious exercises and workouts. The suspension trainer itself is 2 six or seven foot super heavy nylon strips with handles and straps at the end.

