

**Session Outline**  
**2012 ACSM Health and Fitness Summit**

**Introducing You To TRX Training**

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Join Dr. Christian Thompson as he leads an informative, hands-on workshop using the TRX Suspension Training System. Learn about proven strategies to introduce clients to the TRX and practice exercises that were part of an 8-week research study that got novice older exercisers using the TRX successfully. Information on safety, cueing, and progression/regression strategies will be emphasized. Leigh Crews, a Sr. Master Trainer from TRX Training, will lead exercise demonstrations and provide attendees an opportunity to experience the TRX themselves.

Session Objectives - At the end of the workshop, attendees will be able to:

1. Overcome client fears and other barriers to adoption of the TRX.
2. Develop a research-proven falls prevention exercise program using the TRX.
3. Demonstrate, cue, and correct at least one TRX exercise each for joint mobility, strength, dynamic balance, and gait enhancement.

## SESSION OUTLINE

- I. Introductions and Program Overview
  - A. Arrangements of groups at TRX stations
  - B. Introduction of speakers
  - C. Overview of combined lecture/experiential components
- II. How to Introduce Older Adults and Novice Exercisers to the TRX
  - A. TRX exercise leadership guidance - N.A.P.S.M.R. protocol
    1. N = Name of exercise
    2. A = Adjustment of TRX system
    3. P = Position of body for exercise
    4. S = Starting position
    5. M = Movement pattern
    6. R = Return to starting position
  - B. Cueing strategies: Verbal, Visual, and Tactile
  - C. Progression & regression guidance

- D. Experiential: Joint Mobilization Exercises
    - 1. Hip Series (Rotations, Swings, Bicycles)
    - 2. Ankle Series (Rotations, Dorsi/plantarflexion)
    - 3. Shoulder series
    - 4. Full-body rotational mobilizations (TADA's, Rotating Punches)
- III. The Problem: Falls and Frailty in Older Adults
- A. Prevalence of falls and frailty
  - B. Injury and mortality statistics
  - C. Risk factors for falls/fractures
  - D. Aging of balance control systems
  - E. Experiential: Strength and Core Stability Exercises
    - 1. Assisted Squat
    - 2. Assisted Push Up
    - 3. Assisted Row
    - 4. Angled Plank
    - 5. Prone Walk Under
- IV. TRX Research Study Design and Results
- A. Study design and implementation
  - B. Study results - physiological outcomes
  - C. Study results - practical applications
  - D. Experiential: Dynamic Balance and Gait Enhancement Exercises
    - 1. Side Steps
    - 2. Step & Return Patterns
- V. Conclusions and Questions

### **Resources for Falls Prevention and TRX Training**

#### **Programs and Trainings**

- **TRX Training** [www.trxtraining.com](http://www.trxtraining.com)
- **National Council on Aging Evidence-Based Programs** [www.healthyagingprograms.org](http://www.healthyagingprograms.org)
- **Community Gardens** [www.communitygarden.org](http://www.communitygarden.org)
- **Center for Successful Aging - CSU Fullerton** [hhd.fullerton.edu/csa/default.htm](http://hhd.fullerton.edu/csa/default.htm)
- **Thompson Fitness Solutions** [www.thompsonfitnesssolutions.com](http://www.thompsonfitnesssolutions.com)
- **American Senior Fitness Association** [www.seniorfitness.net](http://www.seniorfitness.net)
- **National Blueprint for Increasing Exercise for Older Adults** [www.agingblueprint.org](http://www.agingblueprint.org)
- **Physical Activity Guidelines for Americans** <http://www.health.gov/PAGuidelines/>
- **Exercise Is Medicine** [www.exerciseismedicine.org](http://www.exerciseismedicine.org) (ACSM resources)
- **American Association for Retired Persons (formerly)** [www.aarp.org](http://www.aarp.org)
- **Robert Wood Johnson Foundation** [www.rwjf.org](http://www.rwjf.org)
- **Archstone Foundation** [www.archstone.org](http://www.archstone.org)