

TRX For Everyone:

How To Introduce Suspension Training To Your Clients



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Video Clips & Session Notes!

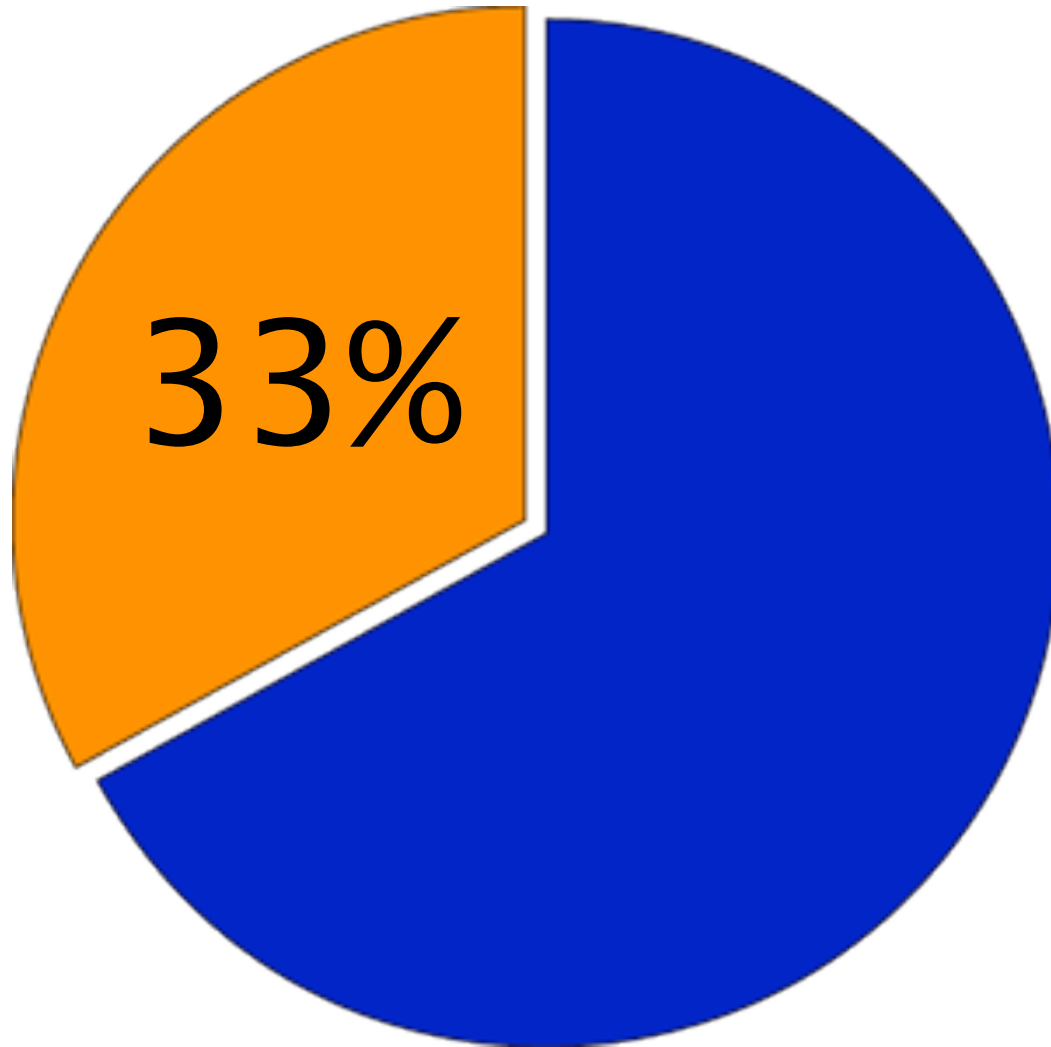
- Updated Outline and Handouts are posted at www.thefitnessprofessor.wordpress.com
- Videos are uploaded at www.youtube.com/thompsonfitnesssolut
- Contact TRX & let them know **YOU WANT MORE NOVICE/OLDER CLIENT EXERCISE GUIDANCE!!**
An online CEC course is ready to go!!!

OBJECTIVES

- Learn and practice introductory TRX exercises for your novice and older clients!!!
- Implement a sequential strategy to introduce TRX exercises to your clients
- Demonstrate, cue & correct 1 TRX exercise for each domain of fitness

Original Context: Fall Prevention

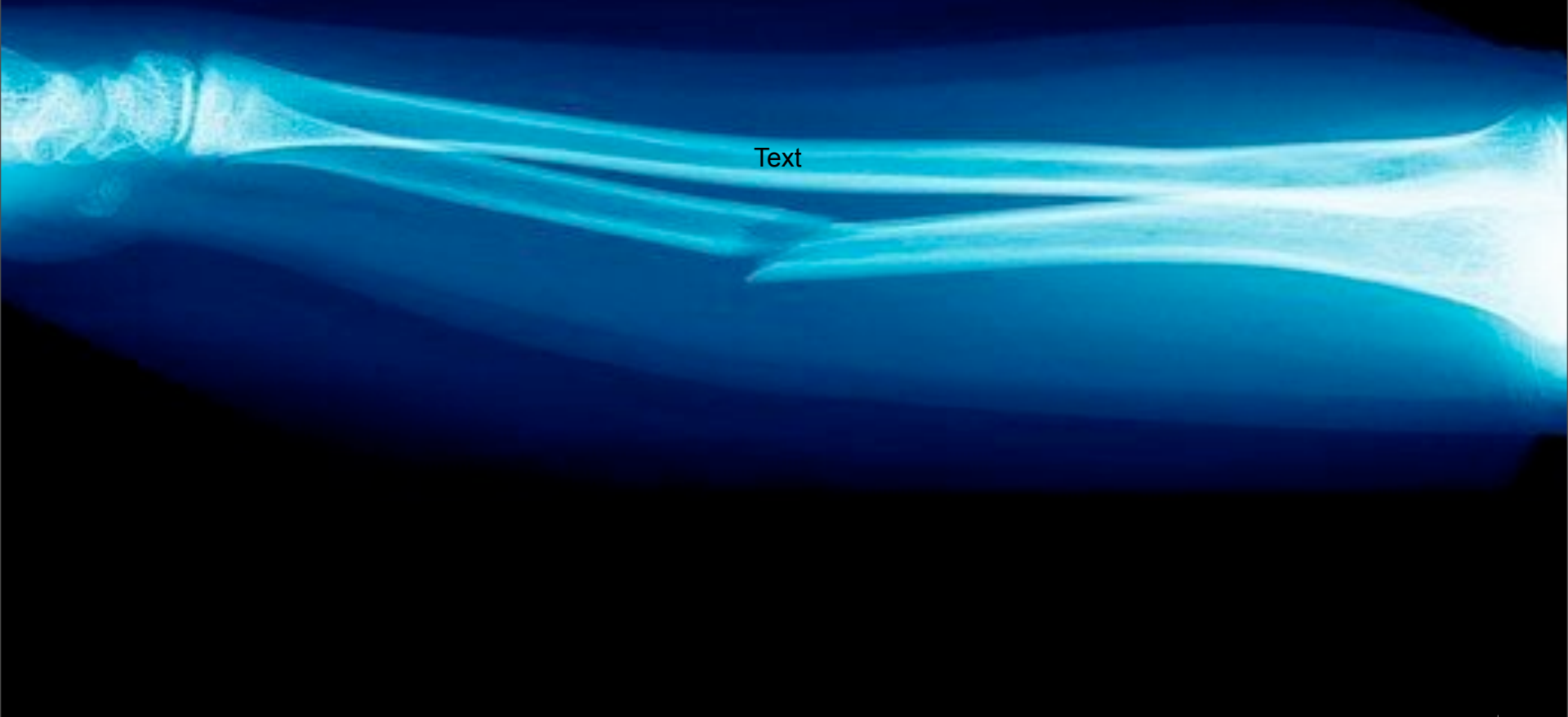




1.8 Million



400,000



WHY Suspension Training?



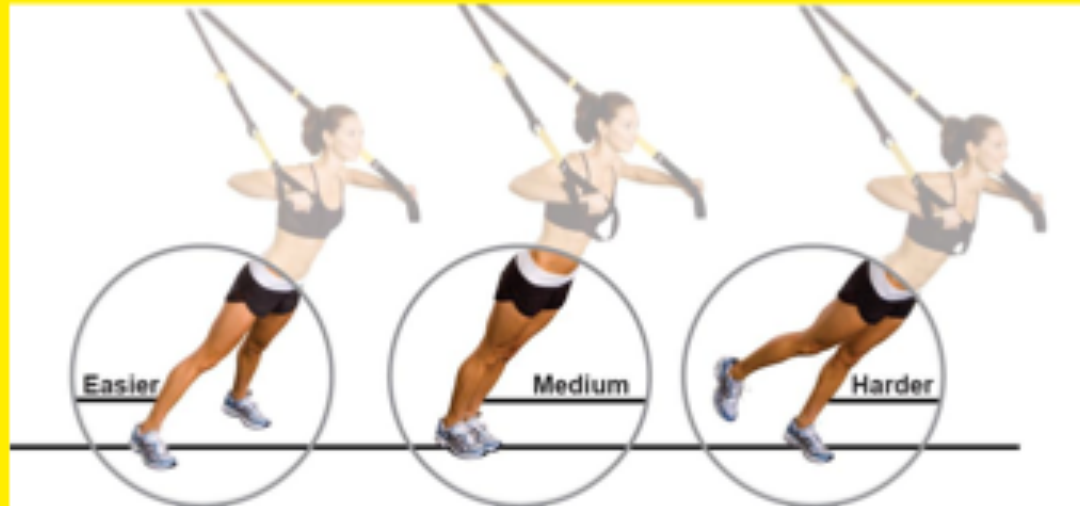
TRX

Sunday, March 17, 2013

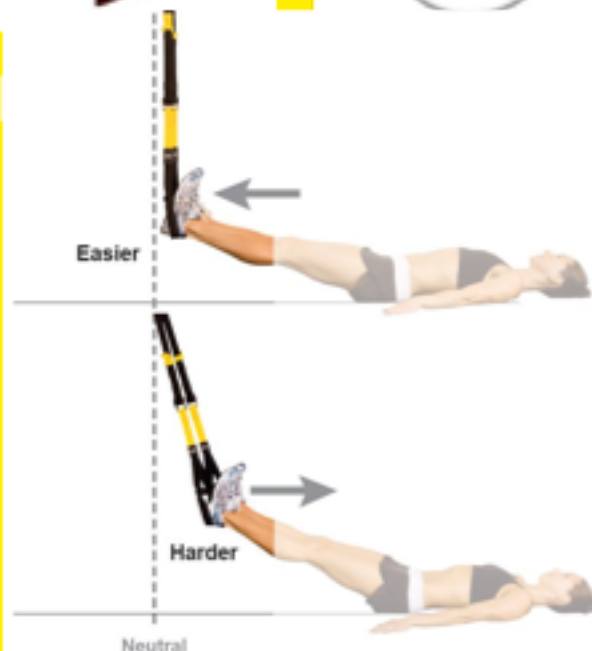
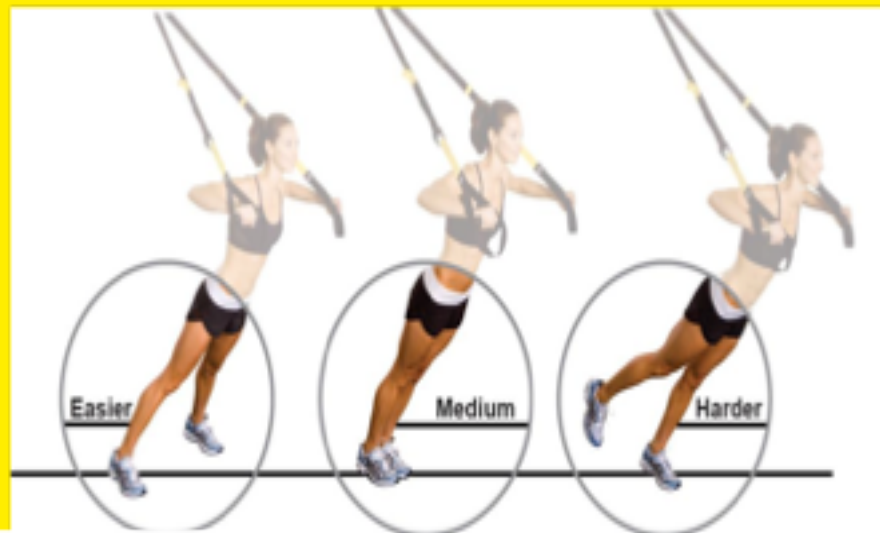
Vector Principle



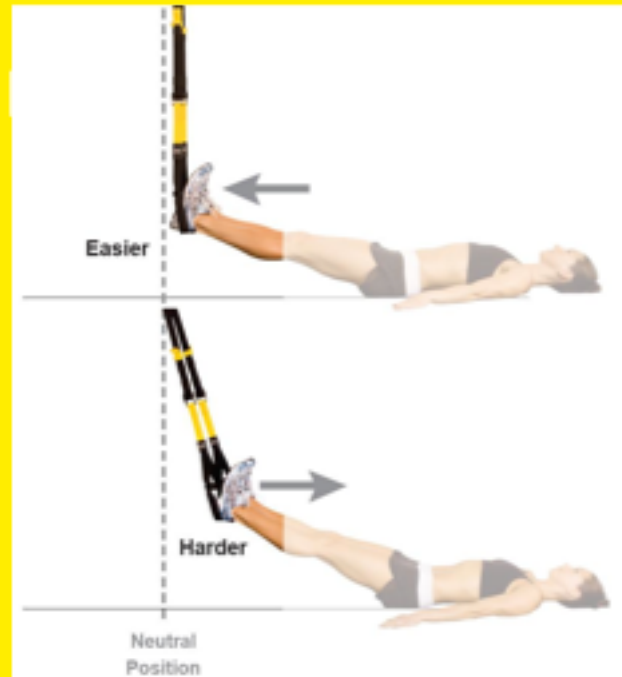
Stability Principle



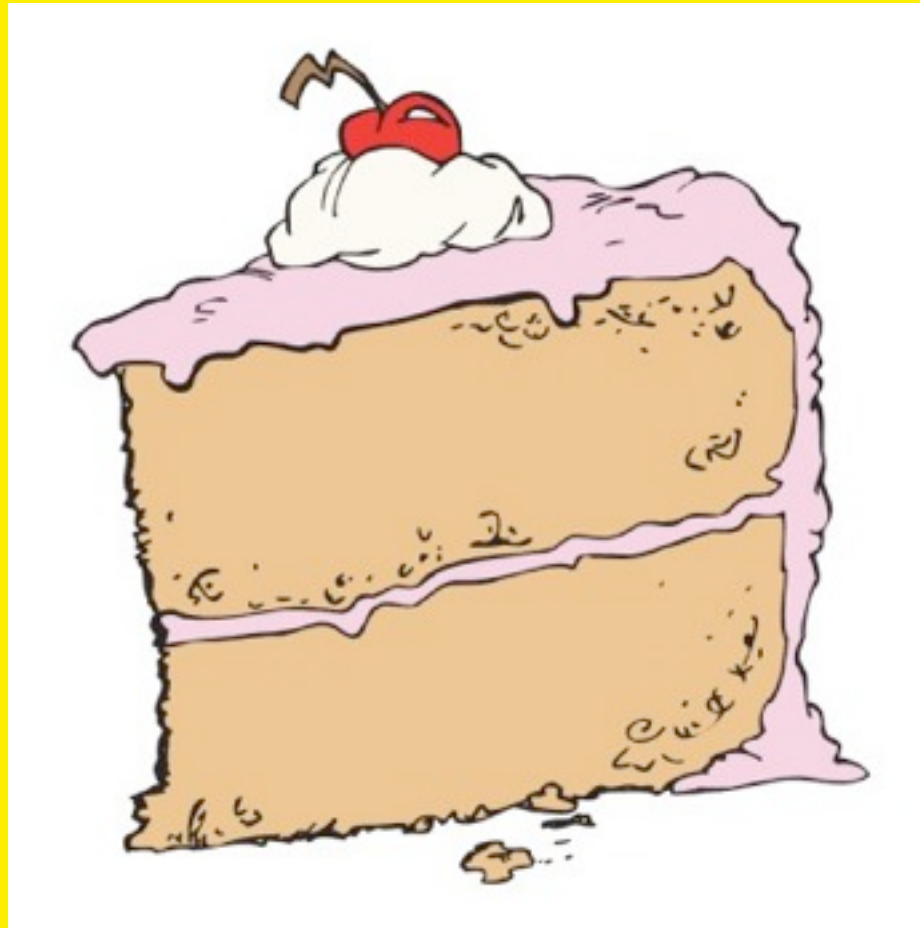
Let's Practice!!!



Pendulum Principle



Suspension Training Makes Progression & Regression A Breeze!!!



Applications To Everyone!



Applications To Everyone!



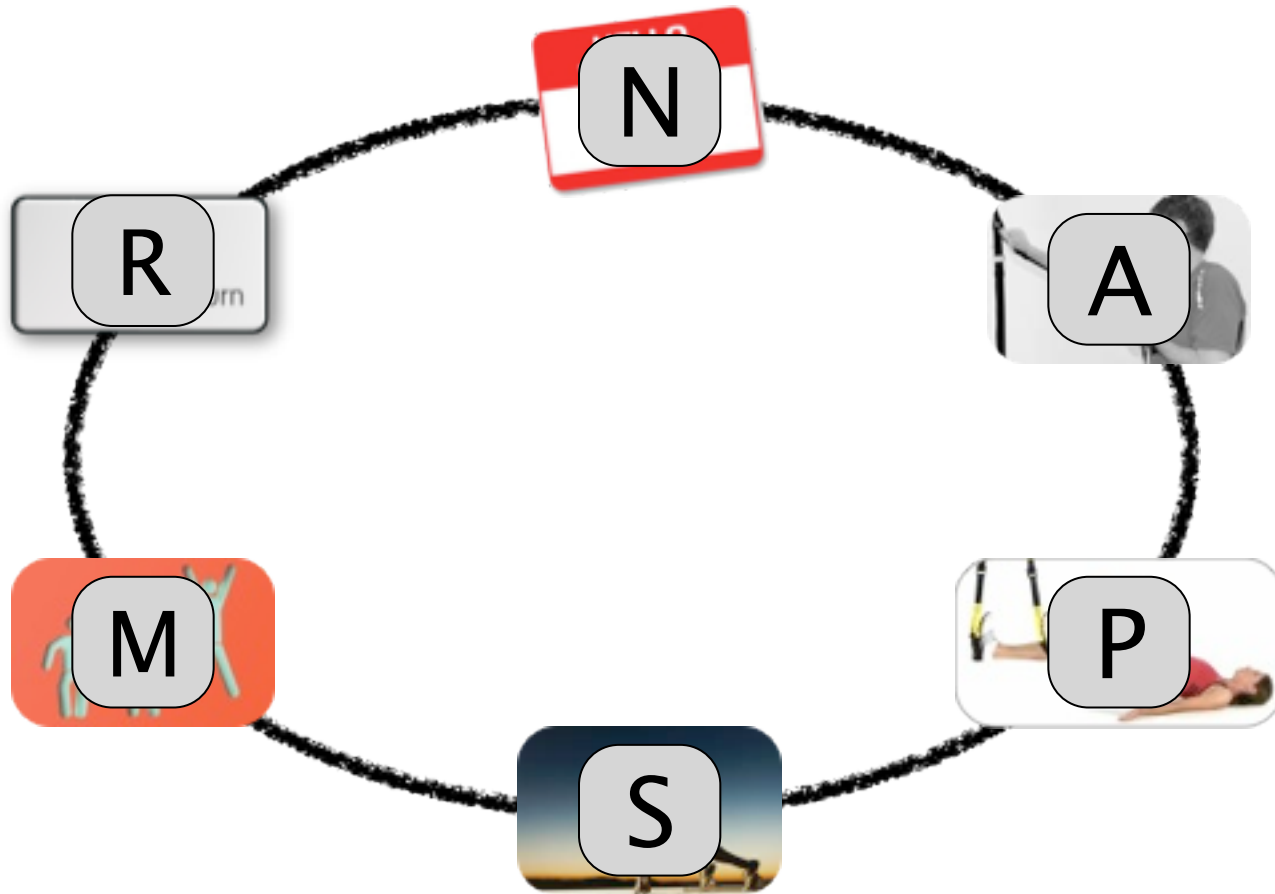
Why???



Let's Practice!!!



The N.A.P.S.M.R. Cueing Strategy



Let's Practice!!!



Cueing Strategies

- Visual - thru demonstration
- Verbal - use NAPSMR
- Tactile - hands on to ensure proper movement pattern



Introducing Some Exercises!

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Joint Mobility Exercises



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Hip Series



Ankle Point Flex & Circles



Shoulder Circles



Joint Mobility: Tada's



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Let's Practice!!!



TRX[®]



Strength & Stability

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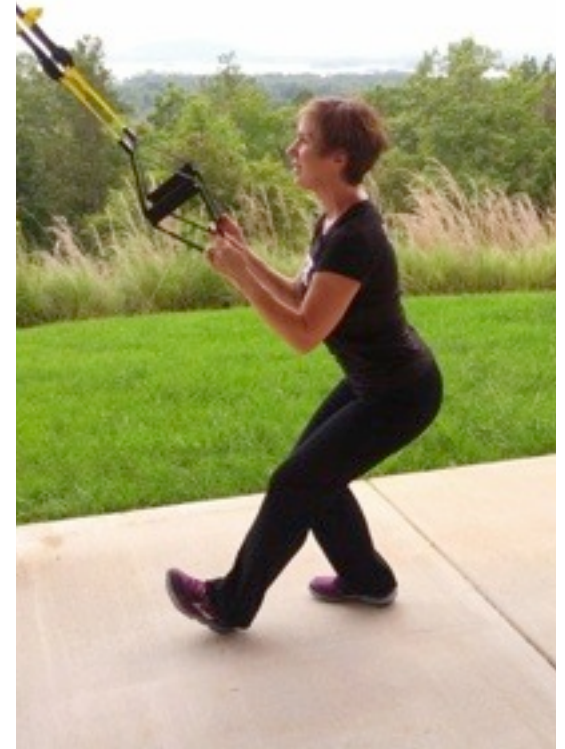
Strength & Stability Exercises



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Assisted Squat Series



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Assisted Chest Press



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Step/Lunge Return Pattern



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Assisted Row Series



Angled Plank



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Side Plank



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Prone Walk-Under



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Dynamic Balance and Gait

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Dynamic Balance and Gait Exercises



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Side Steps



Frontal Step/Lunge Return Pattern



Let's Practice!!!



Let's Practice!!!





THANK YOU!

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