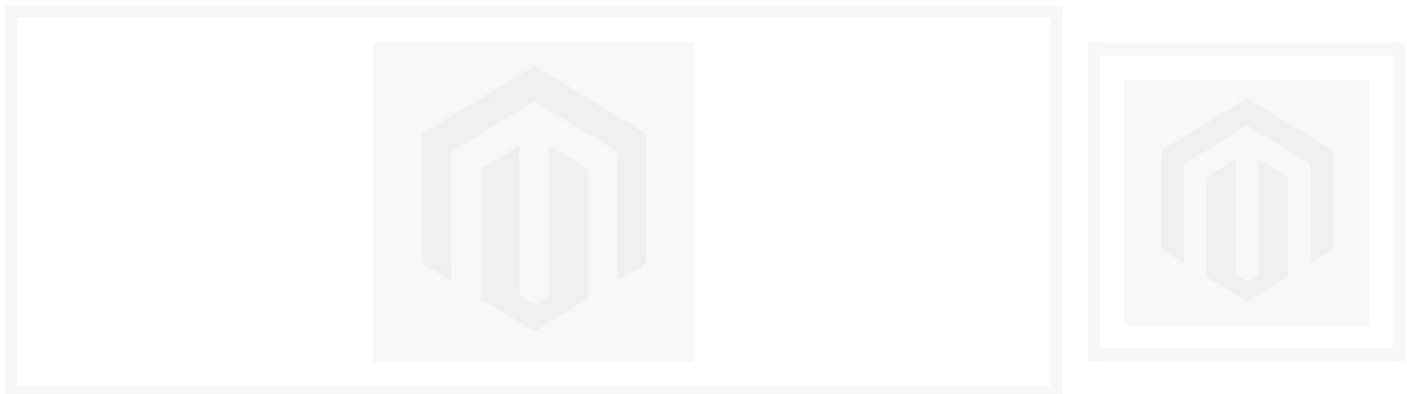


# TRX - Home Version

**£149.00**

## Product Images



## Short Description

Harness your own body weight to create resistance as you train with the TRX Home kit. All you need is the TRX and your own body...no additional weights are required. The TRX is one of the most well known brands of suspension trainers and is popular in gyms and fitness centres around the world. This lightweight and portable suspension trainer helps build superior muscular balance, joint stability, mobility and core strength, helping you perform better in any sport. It also improves posture and is great for rehabilitation after injury.

## What do you get with the TRX Home Kit....

- TRX Home Suspension Trainer
- Get Started Guide (Setup instructions and workout cards)
- 6 Digital Workout Videos (Five 15-minute Workouts: TRX Chest & Back, TRX Arms & Shoulders, TRX Legs & Hips, TRX Core, TRX Stretch. One 30-minute Workout: TRX Total Body)
- Door Placard (for safety)
- TRX Wristband
- TRX Wrench (for security)
- Suspension Anchor (so you can set it up anywhere)
- Door Anchor (for use with any sturdy door)
- Mesh Carry Bag

## Description

# TRX Suspension Trainer

You may have walked into your gym or fitness centre and seen some straps dangling from the walls or ceiling beams and wondered what they are. Well we can tell you that these are one of the most functional pieces of training equipment used by exercise professionals and athletes across the globe. Fast to set up and easy to use, simply hook the straps up to door frames, trees, ceiling joists, anywhere secure and you can create your very own TRX training zone.

Exercise possibilities are endless and you can perform suspended body weight exercises for the upper and lower body and core with the TRX. There are a number of different suspension trainers available here on our site so simply call us if you need any help or advice.

GymEquipment.co.uk is delighted to sell the TRX home suspension trainer and this product is a must have for any home gym. Please note this model is suitable for home use only. There is also a Pro version available for use in gyms/healthclubs and by fitness professionals.

## Additional Information

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SKU	TRXH
Weight	1.000000
Equipment Usage	Home Use
Warranty	1 Year