

# TRX

## TRX® MOVE SYSTEM

Our lightest weight fitness solution that takes your workouts to go with only the essentials. Travel-inspired, these convenient straps pack up light to go with you anywhere.

TRX® MOVE System is for those beginning their fitness journey so they can move better in life and sport. If you want to burn fat, build muscle, develop a strong core and increase mobility the TRX MOVE System is the next tool to put in your fitness bag.



### PACKAGING

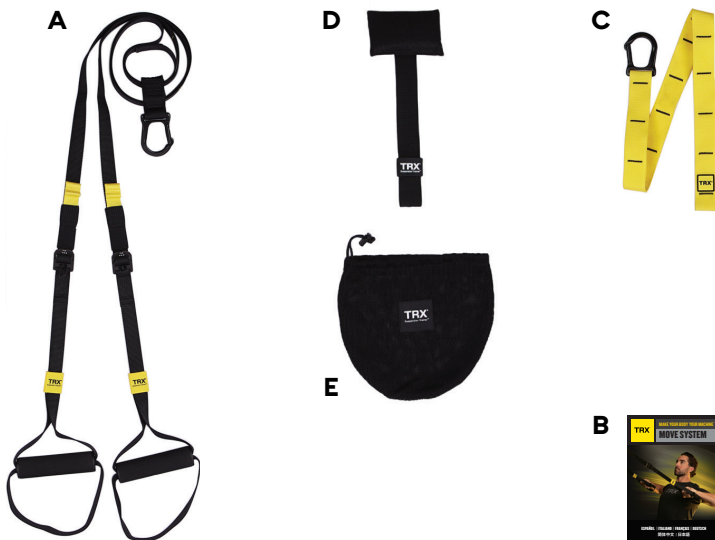
#### Translated in 7 languages!

English, German, French, Italian, Spanish, Japanese and Mandarin.

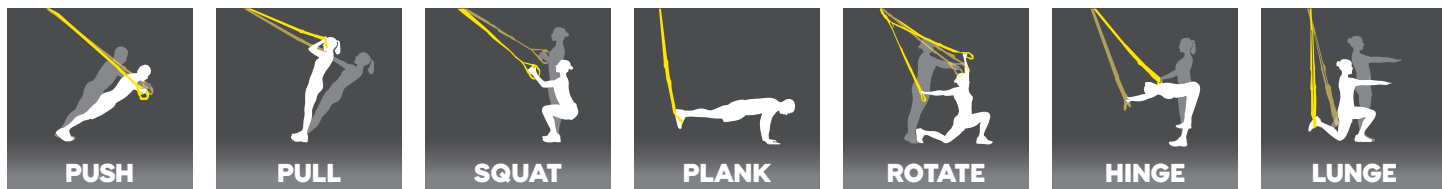


### WHAT'S INCLUDED

- A. TRX Move Suspension Trainer™
- B. Workout poster in 7 languages
- C. Suspension Anchor
- D. Door Anchor
- E. Mesh Carry Bag



### 7 SIMPLE MOVEMENTS = THOUSANDS OF EXERCISES



Looking to advance your fitness journey with TRX Suspension Training? By using TRX's 7 foundational movements – push, pull, plank, lunge, hinge, squat and rotate, you'll be sure to reach those goals in no time! It's time to transform yourself into your fitness best and to transform the way you look, feel and think!

**ONE PRODUCT.  
COUNTLESS MOVEMENTS.  
ENDLESS POSSIBILITIES.**

- Fitness poster with 2 full workouts, multiple exercises and translated in 7 languages
- Leverage your own bodyweight to increase and decrease the intensity of your workouts
- Scientifically validated and proven to activate more muscles, delivering more results in less time
- Bodyweight Suspension Training has been proven to increase muscular activation, reduce injury risk and accelerate results
- Easy to pack & travel with yet durable enough to give you fun, fast and effective workouts in as little as 15 minutes per day
- Perfect for any age, any level, any goal

**DOOR  
ANCHOR**



WORKOUT  
INDOORS

**SUSPENSION  
ANCHOR**



WORKOUT  
OUTDOORS

**CARRY  
BAG**



TRAVEL  
WITH IT!

**TRX® MOVE SUSPENSION TRAINER™**



**CARABINER**

Connects Suspension Trainer to your anchor

**EQUALIZER LOOP**

Makes for easy balance and adjustments

**LOCKING LOOP**

Prevents slipping

**ADJUSTER PULL TABS**

For easy up/down adjustments

**ADJUSTERS**

Easily adjust length of straps

**SERIAL NUMBER**

Lift badge to reveal

**DURABLE FOAM  
HANDLES**

**FOOT CRADLES**

**TRX**  
TRAINING  
CLUB

Start your FREE TRIAL today  
**TRXSTART.COM**

**COME TRAIN WITH US**

**Live classes daily and unlimited on demand workouts.**  
Transform the way you move with hundreds of classes, including strength, cardio, and yoga, all led by expert TRX coaches.

