

TRX

Rip[™] Trainer: Basic Training



WORKOUT GUIDE

TRXtraining.com

WELCOME TO TRX RIP TRAINING

Program Overview

The **TRX Rip Trainer** is among the most effective and efficient functional and core strengthening tools available. Designed by Physical Therapist, Strength Coach and former US National TaeKwon-Do Champion Peter Holman, TRX Rip Training can help anyone at any level achieve their fitness goals.

Each exercise on the Rip Trainer engages your entire core and trains your body to move with more power and stability. If you are a serious athlete, Rip Training can deliver the competitive edge you need. If you are just someone who wants to get in better shape, Rip Training offers quick, efficient workouts that help you reach the fitness level you're after.

TRX Rip Training is a fun, challenging, "wherever, whenever, whoever," workout. With this workout, you'll be joining MMA fighters, basketball players, hockey stars, triathletes and fitness buffs everywhere who have already discovered the many advantages of TRX Rip Training.

OVERVIEW OF THE TRX Rip Trainer

- Rip Trainer Bar
- Medium Level Resistance Cord
- Swiveling Eyelets
- Safety Strap
- Anchoring Carabiner

