

TRX

SUSPENSION TRAINING

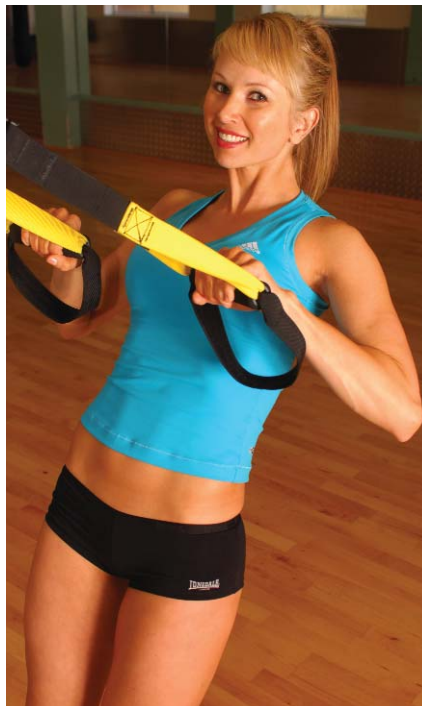
Personal trainer

Audrey Kaipio

explains the theory behind suspension training and demonstrates some of the key moves in the exercise system you can take anywhere.

Photographed by

Grant Pritchard/Ultra-Fit Images



Do you want to gain some muscle tone and lean out for summer, have a new challenge, get functionally fit for your sport and life and do it anywhere/anyplace? The TRX Suspension training system is currently being used by top athletes, sports teams, the military and fitness professionals as well as the older population and those completely new to exercise.

What is Suspension Training?

Suspension training is not a new concept, think of a gymnast or an acrobat who use their bodyweight and gravity as resistance while suspended from ropes, rings and bars. Now think of their physiques and how aesthetically perfect their muscular development is and how it is matched by how functionally fit they are. As they hold and move their bodies in suspended positions their core is completely engaged, as are all postural, stabilizer and neutralizer muscles and of course their prime movers. The same premise applies for TRX suspension training.

Versatility and Portability

The TRX system has over 300 exercises and each one can be progressed so your fitness will keep improving. With the TRX the difficulty level can be adjusted by where you place your body because your body weight is your resistance. This ultra portable system weighs in at less than 1 kilo and packs down to about the size of a running shoe. It can be used indoors, outdoors, at the gym and when traveling. It has two attachments one for over a door for home or hotel use and the other for over a tree, post, goal post or virtually any sturdy support.

Total Muscle Recruitment

Everyone who goes to the gym wants to look fit and toned. In addition, everyone, especially weekend warriors and athletes want that time spent in the gym to carry over to sports performance and their everyday movements. This doesn't always happen with traditional machine based training. Muscle movement can be restricted and controlled by the machine's path. Thus, the core and stabilizers aren't

needed so they aren't recruited. We are learning more and more that muscles work best together in chains rather than in isolation. When the body is trained as a complete unit it has the best carry over for increased performance and reduced risk of injury. Suspension Training is believed to promote superior muscular balance, joint stability, mobility, and core strength, all of which prevent injuries, improve posture, and increase performance. It uses integrated multi-joint exercises that rely on the coordinated effort of many muscles to successfully complete the movement. This full body muscle activation burns calories and has an excellent crossover to sports. Suspension Training uses all three planes of motion (frontal, sagittal, transverse).

Traditional workout programs tend to overuse the body's sagittal plane, which again doesn't carry over for everyday life in which 3 planes of motion are used. By bringing the balance of all three planes of motion to your workout, it can help prevent overuse injuries, muscle imbalances, as well as joint and muscle tightness while gaining the highest level of performance and movement function.

With suspension training the eccentric movements are worked fully unlike with free weights and your core muscles are always engaged to give you a total body workout not just a body part workout. Total body training doesn't mean you can't focus on a single muscle but with suspension training, as a bonus you get the extra core, joint and other assisting muscles. For example, compare a traditional isolated bicep curl on a machine that only works the bicep and nothing else to the TRX High bicep curl (shown). The bicep is fully worked concentrically and especially eccentrically, the core and postural stabilizers are engaged and shoulder joint stability is being challenged and energy expenditure is higher which means more calories are being burned.

The ultimate in core stability

In destabilized training situations (Swiss balls, wobble boards, suspension systems) the entire core is activated as a stabilizer in every exercise. The joint stabilizers are constantly engaged and proprioceptors are firing up in order to balance the body. The body learns to generate power and stabilize itself in these unbalanced positions resulting in fit, toned muscles.

Let your body be your machine

Free weights, cables and stability balls are all excellent tools to use, but the TRX challenges your muscles from a completely new "angle" and it is portable unlike the other equipment. Let your body be your machine. Get fit, never miss a workout, and have some challenging fun anywhere/anyplace.

7 KEY MOVES USING TRX

TRX BALANCE LUNGE - challenges the equilibrium reflexes and leg strength

Stand on one foot (on the floor or on a Bosu ball if very advanced). Hold the handles with arms bent at 90 degrees. Keep the hand position stable and torso upright. Bend one leg back and lunge on opposite leg until the back knee hovers above the ground: hold, and return to start position. To progress this for an advanced user and to fully load the glutes bring the back leg in over the midline keeping the foot hovering in the air.



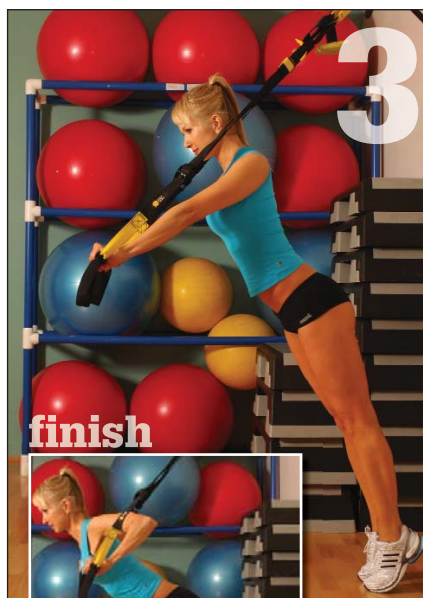
TRX HIGH Y SHOULDER RAISE - strengthens the deltoids, upper back and works shoulder core stabilizers



Stand facing the system with arms extended forward and at shoulder height. Keep the entire body aligned. Keep arms straight and lift them

smoothly until they are in a 'Y' position, wide and overhead. Return slowly to the position and with control. You must make sure not to let the cords become slack; you must keep them pulled tight. This looks much easier than it is. To make it more difficult stand closer to the system.

TRX CHEST PRESS - strengthens the chest and works shoulder and core stabilisation



Stand Facing away from the system with arms extended

in front at shoulder height. Keep entire body aligned legs, hips, shoulders and head. Keep spine in neutral position. Lower the chest toward the hands. Keeping elbows at shoulder height. Squeeze the arms back together in a controlled motion to return to the start position.

TRX HIGH BICEP CURL - strengthens the biceps and stabilizes in the core and shoulders



Stand facing the system with arms extended toward it at shoulder height.

Keep the body aligned with core engaged. Keep the upper arm stable and curl the hands back to the temples. Lower back to the start position with control. Keep the body aligned and do not push the hips forward during the movement. Stand closer to the system to make it more difficult.

TRX HIP ABDUCTION - (strengthens the low back and tones the glutes)

5



Lie on back with both toes in the TRX leg anchors. Press the hips off the ground so the body is aligned with the feet. Press with the toes and use the glutes to abduct the legs apart as wide as flexibility will allow. Return to start position with control.

To progress this exercise you can cross your arms over your chest or place a weight on your hips.



finish

TRX SUSPENDED PLANK TO PIKE - suspended position demands complete core stabilisation while strengthening rectus abdominus

6




Start in a plank position with your feet in the stirrups. Place your hands directly under your shoulders and keep your shoulders pushed down and away from your ears. Do not sink into your shoulders and do not let your hips sag down. Pull your navel up to your spine. Beginners can stay here and not go to the next movement or can do it on elbows to make it even easier. Keeping the toes pointed and navel to spine, lift the hips as high as you can and slowly return to the start position.




finish

TRX SUSPENDED SIDE PLANK TO HIP RAISE - increases strength for rotational movements and lateral stability. Targets obliques.

7



Place both feet deeply through the feet cradles, Position top foot in front of bottom foot (heel to toe). Elbow in directly under the shoulder and forearm is on the floor for support. A beginner can stay in this position with the hand on the hip or progressing it to arm in the air. Lift hip and slowly lower arm, reaching under upper body to tap floor with back of fingers. This is a highly demanding exercise. To further progress it support upper body with hand instead of elbow.



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Audrey Kaipio is a freelance Personal Trainer and Holistic Nutrition Coach in Chelsea, London. At Mayfair's newest exclusive training studio, The 25 Club, she coaches clients on Nutrition and Lifestyle. She runs weight loss hiking holidays in Europe where she brings along the TRX to train the participants. She uses the TRX with all of her clients and for her own training. www.audreykaipio.com and www.action-retreats.com
For more information on the TRX and to see who is training on it go to: www.fitnessanywhere.com
To purchase a TRX in Europe contact: sales@fitnessanywhere.co.uk Tel: 0117 9809212 www.fitnessanywhere.co.uk