

**TRX**

# TRX® BURN SYSTEM

TRX® Burn System delivers fast, fun and effective workouts for all levels and all goals. Anywhere, anytime.



The TRX® Burn has been designed for those looking to advance their fitness journey so they can move better in life and sport. This revolutionary system will help you burn fat, build lean muscle and increase mobility. Take this portable gym with you anywhere to get moving and feeling better today!

## PACKAGING

Translated in 7 languages!

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



**INCLUDES 3 MONTHS FREE ON THE TRX APP  
+ 6 FREE TRX VIDEO WORKOUTS**

15 MINUTE WORKOUTS TO GET YOU FIT QUICK

 [DOWNLOAD AT TRXTRAINING.COM/MYLOCKER](https://www.trxtraining.com/mylocker)

## WHAT'S INCLUDED

A. TRX BURN SUSPENSION TRAINER™

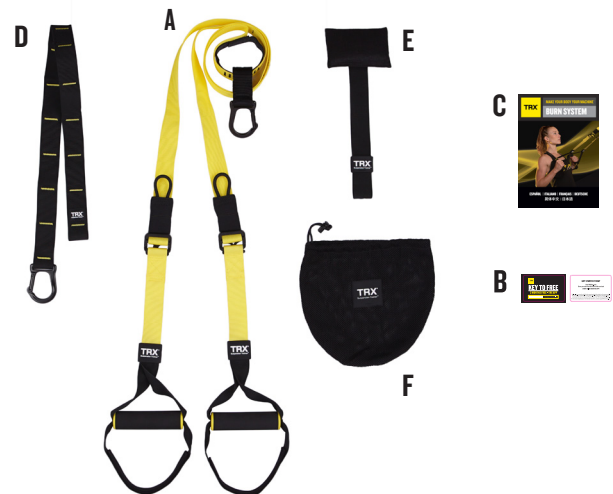
D. SUSPENSION ANCHOR

B. 6 WORKOUT DOWNLOADS

E. DOOR ANCHOR

C. WORKOUT POSTER IN 7 LANGUAGES

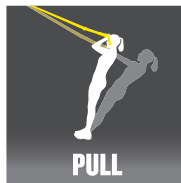
F. MESH CARRY BAG



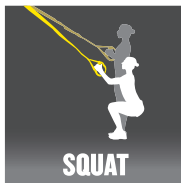
**PROVEN  
RESULTS  
IN LESS  
TIME**



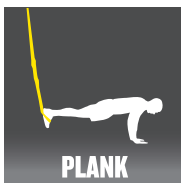
**PUSH**



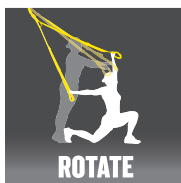
**PULL**



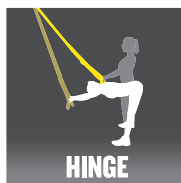
**SQUAT**



**PLANK**



**ROTATE**



**HINGE**



**LUNGE**

## 7 SIMPLE MOVEMENTS = 100'S 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!

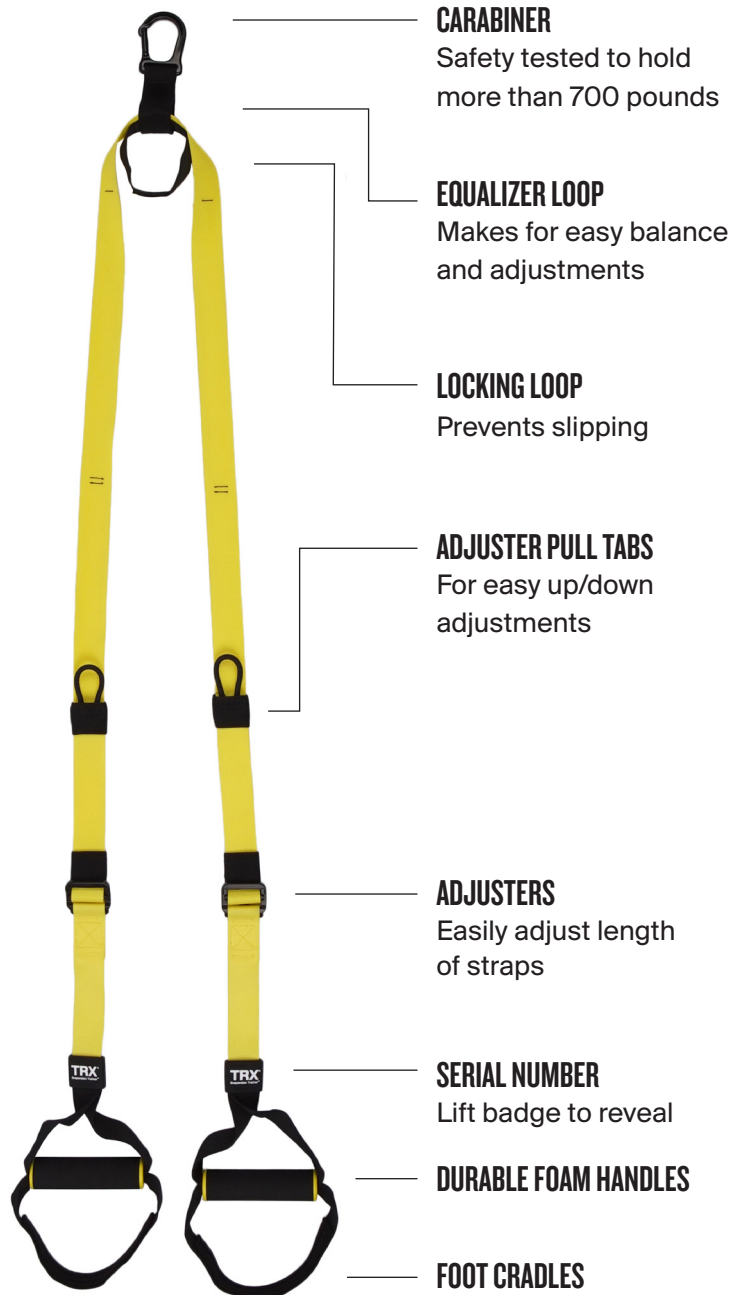
VISIT US AT [TRXTRAINING.COM](https://www.trxtraining.com)  
FOLLOW US ON FACEBOOK, INSTAGRAM,  
TWITTER & PINTEREST

# MAKE YOUR BODY YOUR MACHINE®

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

- 3 months free access on the TRX App
- 6 video workout downloads to get you moving immediately
- Achieve any fitness goal with a variety of audio & video workouts from world-class coaches, using your Suspension Trainer, your own body weight and our personalized training app
- Choose from dozens of workouts specific to your goals and lifestyle and listen or view on-screen as we coach you every step of the way. You can even schedule workouts and track your progress over time
- 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
- Fun, fast and effective workouts that can be done ANYWHERE
- Perfect for any age, any level, any goal

**TRX® BURN SUSPENSION TRAINER™**



**CARABINER**  
Safety tested to hold more than 700 pounds

**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**

**DOOR ANCHOR**



WORKOUT INDOORS

**SUSPENSION ANCHOR**

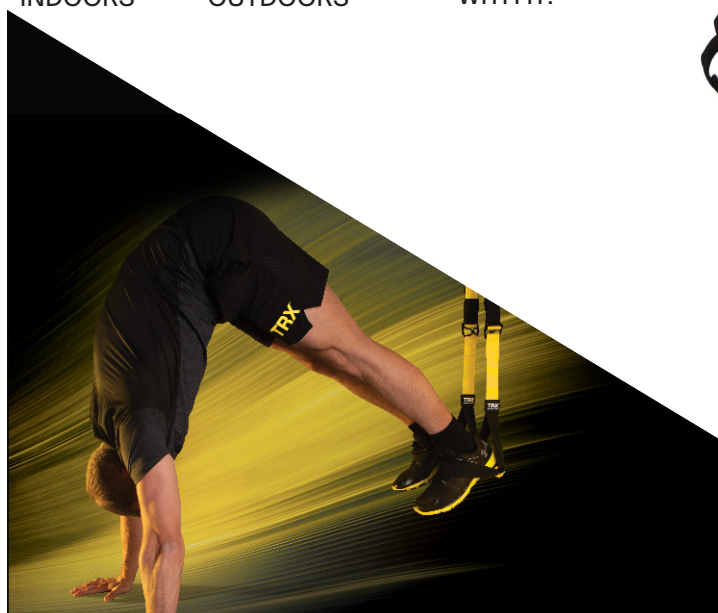


WORKOUT OUTDOORS

**CARRY BAG**



TRAVEL WITH IT!



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