

AGENDA

TRX Suspension Trainer Course

Section	Start Time	Duration
Introduction and Goals	9:00 am	20 minutes
TRX Suspension Training	9:20 am	15 minutes
TRX Basic Use	9:35 am	30 minutes
Baseline Workout	10:05 am	30 minutes
Break	10:35 am	5 minutes
Set Up and Anchoring	10:40 am	15 minutes
TRX Cueing Convention	10:55 am	5 minutes
TRX Foundational Movements	11:00 am	5 minutes
TRX Plank	11:05 am	45 minutes
Lunch	11:50 pm	45 minutes
Training Resources	12:35 pm	15 minutes
Mobility Workout	12:50 pm	20 minutes
TRX Push	1:10 pm	30 minutes
TRX Pull	1:40 pm	30 minutes
TRX Rotate	2:10 pm	40 minutes
Break	2:50 pm	5 minutes
TRX Squat	2:55 pm	30 minutes
TRX Lunge	3:25 pm	30 minutes
Client Scenarios	3:55 pm	50 minutes
Course Wrap Up	4: 45 pm	15 minutes
Course Duration: Approximately 8 hours		