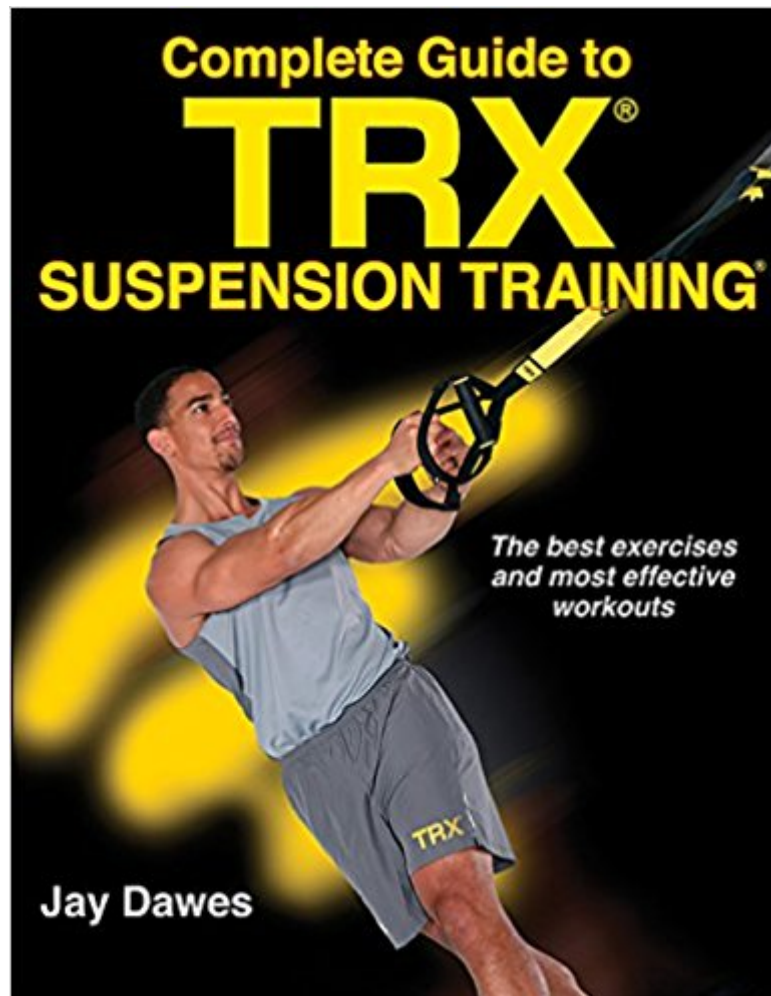




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# Complete Guide To TRX Suspension Training



## Synopsis

For strength, stability, core power, flexibility, and balance, Suspension Training® delivers results. Used by the best of the best, from professional trainers to the elite athletes they work with, Suspension Training is a respected and essential component of conditioning programs worldwide. Now, the ultimate Suspension Training expert shares the ultimate in Suspension Training exercises and programs. Complete Guide to TRX® Suspension Training®, from renowned strength and conditioning expert Dr. Jay Dawes, is the authoritative guide to Suspension Training. This resource is so thorough that it has earned the endorsement of TRX®. Look inside at the instruction, advice, and insights, and you'll see why. This is a one-of-a-kind resource designed to take workouts to unprecedented levels. Complete Guide to TRX® Suspension Training® includes instructions for more than 115 exercises. Complete with photo sequences, variations, and safety recommendations, you'll learn how to develop and integrate strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer ®. In the gym, at home, or on the road, this guide is the ultimate training companion. With over thirty ready-to-use programs, you have options for any situation and every desire. It's all here. If you want the best in exercise, training, and workouts, then look no further than Complete Guide to TRX® Suspension Training®. Discover why millions of athletes make Suspension Training the core of their program.

## Book Information

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Full-color images      Complete Guide to TRX Suspension Training    For strength, stability, core power, flexibility, and balance, Suspension Training delivers results    Complete Guide to TRX Suspension Training, from renowned strength and conditioning expert Dr. Jay Dawes, is the authoritative guide to Suspension Training. This resource is so thorough that it has earned the endorsement of TRX. Look inside at the instruction, advice, and insights, and you'll see why. This is a one-of-a-kind resource designed to take workouts to unprecedented levels.

Instructions for 117 exercises complete with photo sequences, variations, and safety

recommendations

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Lateral Squat

Reverse Lunge with Horizontal Push

Sprinter Lunge

Standing Lateral

Twist

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Jay Dawes PhD, CSCS,\*D, NSCA-CPT,\*D, FNSCA, ACSM-HFS ASCA-L2, is an assistant professor of strength and conditioning, coordinator for athletic performance, and the head strength coach for women's soccer at the University of Colorado-Colorado Springs. He has worked as a strength and performance coach, educator, and post-rehabilitation specialist since 1997, and continues to act as a performance consultant for a wide variety of athletes, law enforcement officers, and those in physically demanding occupations. Dawes is certified by the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and as a certified personal trainer (NSCA-CPT); by the American College of Sports Medicine as a Health Fitness Specialist (ACSM-HFS); and by the Australian Strength and Conditioning Association as a Level 2 strength and conditioning coach. He was also recognized as a Fellow of the NSCA (FNSCA) in 2009. Dawes is the co-editor for the NSCA's Developing Agility and Quickness (Human Kinetics, 2012), co-author of Maximum Interval Training (Human Kinetics, 2015), and has written numerous book chapters and articles on improving sports and tactical performance. His primary research interests are improving performance for both sports and tactical performance among law enforcement officers. He lives in Colorado Springs, Colorado.

Great guide! Not sure where the bad reviews are coming from, but I recommend this to anyone interested in learning the basics of suspension training. Often the biggest hurdle to using a TRX is the getting started, but once you do it is the single best training tool on the market.

This is a well written book. I bought the TRX equipment is well made and worth every penny. You get what you paid for. I think, the bad reviews are promoting other products for their gain because this is a really good resource of exercises.

Very versatile and a big help with my physical therapy routine. You can do way more than I can handle.

Augments weekly training sessions. Materiel introduced me to a variety of new exercise challenges. Helps to increase overall strength, coordination and balance.

It isn't a complete guide. You could find much more on the Internet than in the book. There are some mistakes like repeated images that may confuse the readers. It is a superficial TRX book.

Very useful!

I expected much more very disappointed pretty much the basic stuff but u can make them harder with ur own variations.Nothing to write home about I have seen better.Make ur own decision don't go by my review just my opinion.

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