

TIPS AND TRICKS:

- To set up your TRX, clip the carabiner on the main body of the TRX to the bottom anchor loop of the yellow Suspension Anchor just below the black TRX badge. Do not clip it in any other loop of the Suspension Anchor. Attach the Suspension Anchor to the anchor point by wrapping it as many times as necessary to ensure the bottom of the Suspension Anchor hangs at about six feet from the ground. This is the ideal height to perform all TRX exercises. Clip the carabiner in the Suspension Anchor into one of its intermediate loops, or around the Suspension Anchor itself, and pull it tight to make sure it's secure. A tip for attaching the TRX to a smooth bar or pole is to wrap the Suspension Anchor several times around it to prevent it from sliding side to side. And always remember to weight-test your TRX before using it by pulling hard on it.
- Before each use, always inspect your TRX. Do not use a TRX with worn or damaged components. Replace worn or damaged components immediately.
- Do not attach your TRX to an anchor point with sharp edges. For example, certain overhead metal beams or door hinges. Rubbing against a sharp edge will weaken or cut nylon.
- Do not "saw" your TRX in a pulley-like fashion. Sawing will cause excessive wear of the TRX's stabilizing loop. If the yellow colored nylon begins to show through the black stabilization loop, replace your TRX immediately.
- If you want to make the exercise easier or more difficult, adjust your distance from the anchor point. The further away you are or the greater your angle from the anchor point the more difficult the exercise will be. The opposite to make it easier.
- To make the straps shorter or longer, pinch the metal tabs on the adjuster and pull on the yellow adjuster tabs to slide the straps down or up.
- For all TRX exercises it's important to remember to, engage your core to get the maximum results.