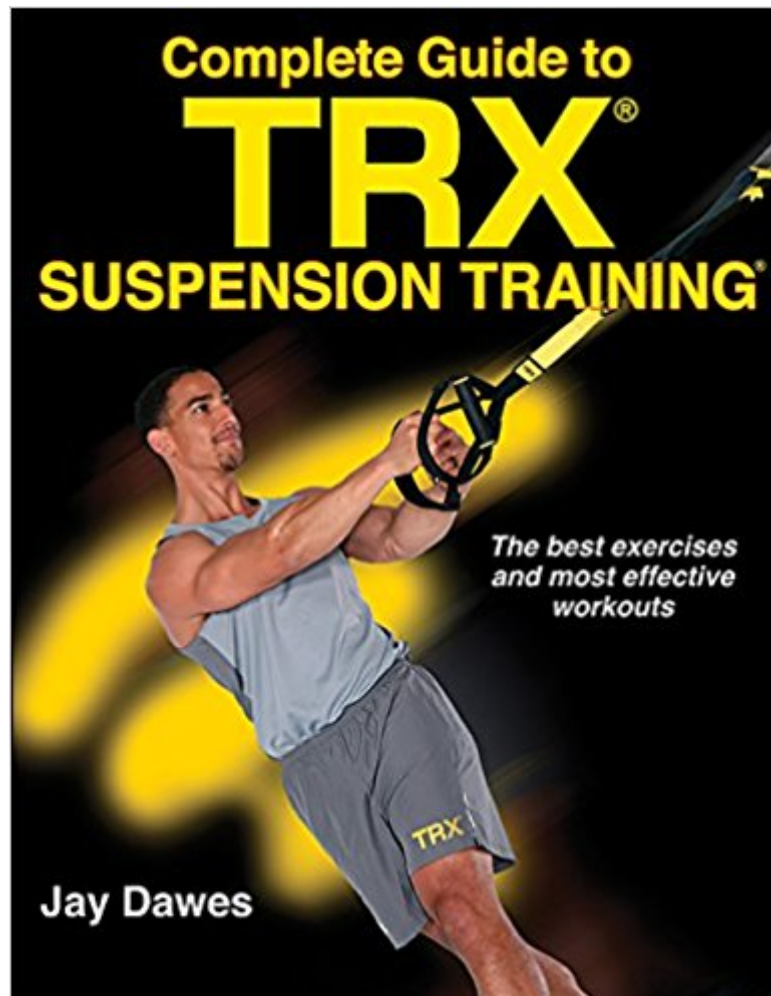


The book was found

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

Paperback: 224 pages

Publisher: Human Kinetics; 1 edition (May 2, 2017)

Language: English

ISBN-10: 1492533882

ISBN-13: 978-1492533887

Product Dimensions: 8.6 x 0.6 x 11 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 7 customer reviews

Best Sellers Rank: #61,934 in Books (See Top 100 in Books) #71 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #138 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

Single-Leg Chest Fly. [View larger](#) [View larger](#) Human Kinetics The Premier Publisher for Sports & Fitness. Science-based programs Authoritative authors Remarkable results

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

[View larger](#)

[View larger](#)

[View larger](#)

[View larger](#)

Lateral Squat

Reverse Lunge with Horizontal Push

Sprinter Lunge

Standing Lateral

Twist

[View larger](#)

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.

[Download to continue reading...](#)

Complete Guide to TRX Suspension Training Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) A Short Guide to the Types and Details of Constructing a Suspension Bridge - Including Various Arrangements of Suspension Spans, Methods of Vertical Stiffening and Wire Cables Versus Eyebars Chains Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak

Your Puppy in Just 7 Days Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dogâ€™s Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Chassis & Suspension Handbook (Petersens 4 Wheel & Off Road) The Kite that Bridged Two Nations: Homan Walsh and the First Niagara Suspension Bridge

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)