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Ace fit | trx suspension trainer professional

The kit includes the TRX Suspension Trainer, All Body Xpress DVD, Waterproof fold-out Training Guide and the TRX Storage bag. Manufacturer Specifications.

Total body workout: trx | women's health magazine

Apr 25, 2012 TRX training is a total body workout routine that uses suspension training exercises to tone your body.

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Total-body trx workout | fitness magazine

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Learning the TRX Suspension Training System would most likely require some sessions with a trainer to learn the proper techniques and exercises.

Trx workouts and exercises

TRX Suspension Training -Arm Exercises In this video we show you some TRX exercises that focus on your arms, in particular your biceps.

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