



NEW TRX DUO TRAINER™

TRX continues to innovate the world of Body Weight Training with the new TRX Duo Trainer™. Created in partnership with best-selling author, coach and founder of MobilityWOD, Dr. Kelly Starrett, the TRX Duo Trainer is an all new bodyweight system that allows you to tap into greater levels of strength, mobility, edurance, and flexibility to enhance physical performance and health.



OVERVIEW

Modeled after classic Gymnastics Rings, the TRX Duo Trainer™ marks an evolution in training equipment, with its enhanced ergonomic design, adjustability, and full-body integrative system.

True to TRX form, the Duo Trainer™ is designed to be used both indoors and outdoors, and with uneven anchor points such as sturdy tree branches. The result is an innovative training tool that delivers on TRX's commitment to create the ultimate Functional Training experience.



Co-creator of the TRX Duo Trainer, Dr. Kelly Starrett is known for revolutionizing how athletes think about movement and performance.

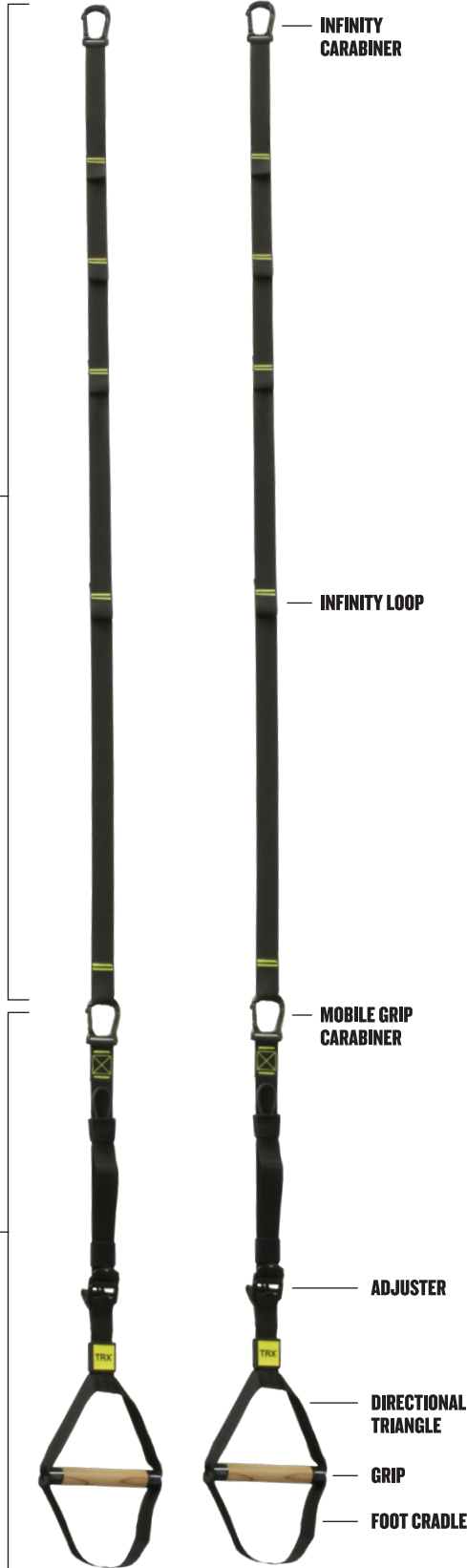
His enumeration of titles include: Coach, New York Times bestseller, Creator of the MobilityWOD, Doctor of Physical Therapy, and CrossFit Movement & Mobility Expert.



INFINITY ANCHOR

MOBILE GRIP

Shown:
Long Duo Trainer
• 12' Infinity Straps



GRIP

The straight handle design is ergonomically advantageous in injury prevention and exercise alignment, allowing for full bodyweight loading and proper hand and wrist biomechanics.



INFINITY ANCHORS & INFINITY LOOPS

The Infinity Anchors and Loops permit quick and efficient adjustment and length changes, training and location versatility, and an overall safer training experience.



MOBILE GRIPS

For added training ambidexterity, the TRX Duo's patented Mobile Grips are ideal for safely performing hanging exercises such as pull-ups, and toes-to-bar.



DIRECTIONAL TRIANGLES

Designed for greater ease-of-use and comfort during exercise, as it prevents strap contact with the forearms.



FOOT CRADLE

Increase the range of exercise possibilities.