

# TRX



**2024** COMMERCIAL CATALOG

# WELCOME TO TRX<sup>®</sup>



TRX<sup>®</sup> founder Randy Hetrick created the original Suspension Trainer to stay mission-ready while he was deployed as a Navy SEAL. “I was looking for a way to pull without any gear, so I came up with this crazy harness idea.”

Hetrick’s idea transformed fitness—proving that it was possible to get an effective, challenging, full-body workout anywhere.

**“THERE’S NOTHING LIKE THE *SUSPENSION TRAINER*,  
YOU CAN DO LITERALLY HUNDREDS OF EXERCISES.”**

– RANDY HETRICK

Over the last 20 years, TRX<sup>®</sup> has grown from straps created out of necessity to the global functional fitness leader. Athletes, first responders, trainers, and fitness enthusiasts turn to TRX<sup>®</sup> for world-class training equipment that gets results.



## MISSION AND VALUES

**TRX<sup>®</sup>** HELPS PEOPLE GET STRONGER AND MOVE BETTER  
WITH **CUTTING-EDGE GEAR, TRAINING, AND PROFESSIONAL  
EDUCATION** THAT IS ACCESSIBLE FOR ALL LEVELS.



# TRUSTED AROUND THE WORLD

The power of TRX® extends far beyond the Suspension Trainer. We've built an engaged, global network of fitness enthusiasts and professionals who know that TRX® gets results.

OUR STRAPS ARE

**ICONIC**

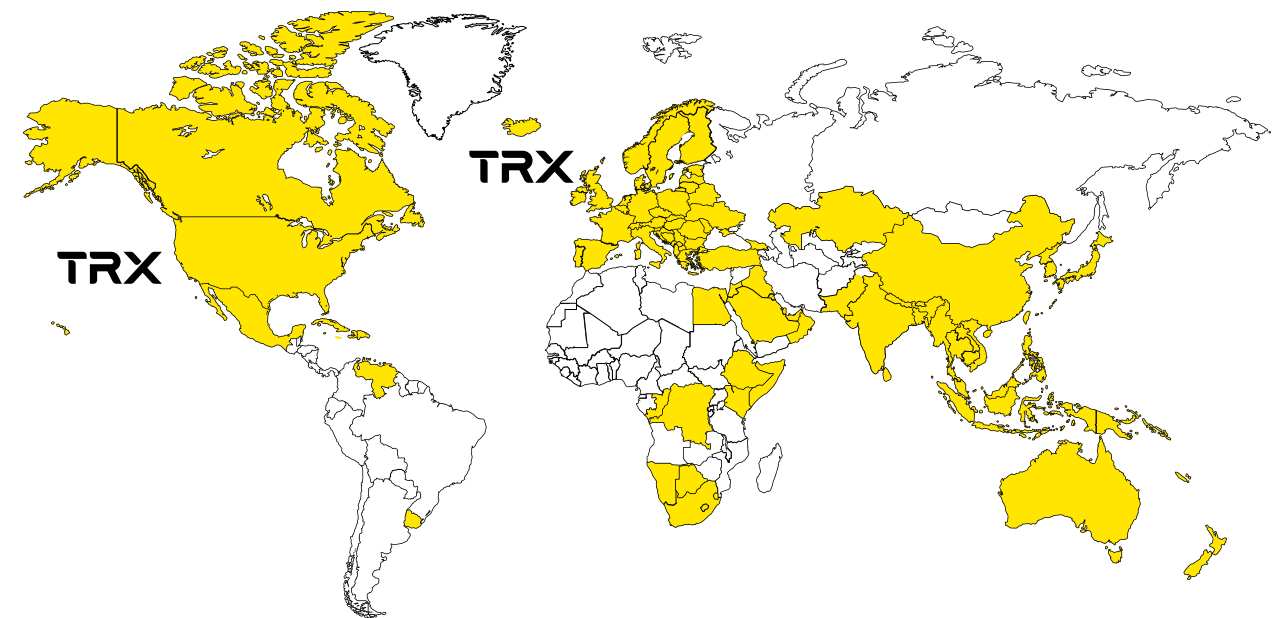
OUR COMMUNITY IS

**LEGENDARY**



## MARKETS WE SERVE

We distribute across 56 countries worldwide with offices and studios in the **US** and **UK**.



## TRX® BY THE NUMBERS

**3 MILLION+**

SUSPENSION TRAINERS SOLD

**2 MILLION+**

SOCIAL MEDIA FOLLOWERS

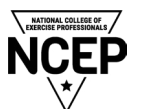
**300,000**

TRX-QUALIFIED INSTRUCTORS

**300**

TRX MASTER TRAINERS

## ACCREDITED WITH





# TABLE OF CONTENTS

**07** / TRX® OVERVIEW

**09** / SUSPENSION TRAINING®

**17** / DYNAMIC RESISTANCE TRAINING & RECOVERY

**25** / TRX® YBELL®

**31** / FUNCTIONAL TRAINING TOOLS

**37** / ANCHORING & STORAGE

**47** / EDUCATION & EXPERIENCES





# TRX<sup>®</sup> OVERVIEW

Everything you need to deliver a world-class experience to your clients.

## TOOLS

Built to last, TRX<sup>®</sup> equipment can withstand the sweat and friction of high-volume use.

- Suspension Trainers
- Weights, featuring YBell<sup>®</sup>
- Resistance
- Accessories

## ANCHORING & STORAGE

Durable, attractive solutions to organize equipment and activate your clients.

- TRX<sup>®</sup> Studio Line
- TRX<sup>®</sup> Bridges
- TRX<sup>®</sup> Bays
- Anchoring and Mounting

## PROFESSIONAL EDUCATION

Movement-based training curriculum with a progressive approach to coaching.

- On-site certifications
- Virtual certifications
- Online courses





# SUSPENSION **TRAINING**<sup>®</sup>

The all-in-one fitness method  
powered by your bodyweight to  
sweat, sculpt, and strengthen.



# TRX® COMMERCIAL SUSPENSION TRAINER™

Meet our toughest Suspension Trainer™. We used 15 years of feedback and testing to develop the best Suspension Trainer™ for high-volume environments like gyms and studios. The TRX® Commercial Suspension Trainer™ combines a fresh look and features a patented design for our most durable, user-friendly product ever.

*Also available in black.*

## FEATURES



### ADJUSTABLE FOOT CRADLES

Custom fit to any foot size to prevent slippage.



### PADDED TRIANGLES

Smooth, padded webbing for enhanced comfort.



### RUBBER HANDLES

Anti-slip texture secures grip for safety and comfort.



### LOCKING CARABINER

Keep your investment safe and secure.





# TRX® PRO4 SYSTEM

Outfit your clients with the Suspension Trainer™ model preferred by elite athletes. The TRX® Pro4 System is a professional-grade solution, available to everyone.



## INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag





# TRX® STRONG SYSTEM

The TRX® Strong System is a Suspension Trainer™ for athletes of any age or experience level. This lightweight, all-in-one system is adaptable for strength, cardio, mobility, recovery, or core-focused training—ideal for home or travel.



## INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Workout poster







# DYNAMIC **RESISTANCE** TRAINING & **RECOVERY**

Use resistance to transform your body.  
Recover with start-to-finish essentials  
for safe and effective training.





# TRX RIP TRAINER™

The TRX Rip Trainer™ is an innovative weighted bar and resistance bungee duo that hones multi-directional movement through the abs, obliques, back, and hips—perfect for helping your clients develop speed, agility, and balance.

### INCLUDES:

- TRX RIP Trainer™
- Door Anchor
- Medium Resistance Cord
- Safety strap



# TRX BANDIT® PRO KIT

TRX Bandit® is a premium, universal-fit set of handles that attach to Strength Bands and take workouts to new levels. Maximize results with more comfort, control, and performance.

### INCLUDES:

- Four handles
- Four durable strength bands: 5-15, 15-30, 25-50 and 35-70 lb

### FEATURES:

- Premium rubber grip
- Eliminates hand-to-band pinching and irritation.
- Slip-free notched inner for optimal safety
- Patented design





## TRX® FOAM ROLLERS

TRX® Foam Rollers are made from expanded polypropylene (EPP) foam, an extra-tough material that keeps its shape and delivers consistent, deep-tissue therapy results.

### SIZES AVAILABLE

18" and 36"



## TRX® MAT

The TRX® Mat is a mid-sized, cushioned training surface that makes planks, crunches, hamstring curls, or bridges more comfortable. Functional, durable, and easy to store, the TRX® Mat is the perfect add-on for your gym.

### SIZE

23" W x 48" L



## TRX® REV ROLLER

Our TRX® Rev Roller has smooth rings on each end for consistent deep-tissue release, along with trigger-points to target tension in the neck, back, knees, hips, and more.

### SIZE

14"



## TRX® SUSPENSION TRAINING MAT

Our non-slip mat is made for stretching, cardio, yoga, and weight training. Line measurements help clients progress with different foot or hand placements.

### SIZES AVAILABLE

2' x 6' and 4' x 6'



## TRX ROCKER®

Our foam Rocker encourages targeted back-and-forth motion over tight areas to achieve muscle release—and relief—through the neck, back, knees, and hips.

### SIZES AVAILABLE

13" and 26"



## TRX® YBELL® EXERCISE MATS

Our durable YBell® Mats are made for ground-based exercises. The cushioned surface protects hands, knees, floors, and YBells while offering visual cues for exercises.

### SIZES AVAILABLE

28.5" W x 44" H and 28.5" W x 12" H





## TRX® STRENGTH BANDS

Full-length bands for full-body training. Bands add resistance without impact, demanding 100% effort through the complete range of motion for every move. Incorporate them into classes, individual workout spaces in your facility, pull-up bars, or your sports rehabilitation offerings.

### SIZES AVAILABLE

5-15, 15-30, 25-50, 35-70, 45-110 and 60-150 lbs



## TRX® EXERCISE BAND BUNDLE

Increase the intensity of any exercise. The mini loop design offers serious time under tension—perfect for glute activation drills, pre-workout warmups, toning, stability training, stretching, and mobility. Indicated weight ranges let your clients gauge their progress over time. Sold as a set of four.

### SET INCLUDES

2-8, 5-12, 6-17 and 10-25 lbs



## TRX® GLUTE BANDS

The booty band your clients have been dreaming of! Made from super-soft fabric, our Glute Bands won't bunch or pull on hair. Designed for toning exercises, HIIT classes, Pilates, or barre.

### SET INCLUDES

Light, Medium and Heavy



## TRX® STABILITY BALL

A stability ball adds a bonus burn to basic crunches, woodchops, and more. Our TRX® Stability Ball is built for sport, rehab, and overall fitness, crafted with durable, non-slip vinyl that won't pop from heavy use.

### SIZE

55 cm





# TRX<sup>®</sup> YBELL<sup>®</sup>

## THE WORLD'S MOST VERSATILE WEIGHT

YBell<sup>®</sup> is the breakthrough evolution in strength training—a dynamic, cost-saving, 3-in-1 solution combining dumbbells, kettlebells, and push-up stands. Change your grip to change your equipment.





# TRX® YBELL® PRO SERIES

With a cast iron core and commercial-grade, powder-coated finish, the YBell® Pro looks as good as it handles. Sold as singles.

## 9 WEIGHTS AVAILABLE

- |                 |                |                |                |                |
|-----------------|----------------|----------------|----------------|----------------|
| 4.5 kg (10 lbs) | 8 kg (18 lbs)  | 12 kg (26 lbs) | 16 kg (35 lbs) | 20 kg (44 lbs) |
| 6 kg (14 lbs)   | 10 kg (22 lbs) | 14 kg (31 lbs) | 18 kg (40 lbs) |                |



# TRX® YBELL® NEO SERIES

Non-slip neoprene coating provides a comfortable, durable grip that stands up to sweat and friction from intense workouts. Sold as singles.

## 8 WEIGHTS AVAILABLE

- |                  |                 |               |                |
|------------------|-----------------|---------------|----------------|
| 1.1 kg (2.4 lbs) | 3.2 kg (7 lbs)  | 6 kg (14 lbs) | 10 kg (22 lbs) |
| 2.5 kg (5.5 lbs) | 4.5 kg (10 lbs) | 8 kg (18 lbs) | 12 kg (27 lbs) |



# TRX® YBELL® HORIZONTAL LONG RACK

Our attractive, heavy-duty steel Horizontal Rack is designed for TRX® YBell® Pro and Neo weights, but can also be used to house kettlebells or standard dumbbells. Long Horizontal Racks hold a minimum of 18 TRX® YBells. Each rack has three, rubber-padded shelves and rounded front edges for safety, durability, and noise reduction.

## DIMENSIONS

65" L x 29" H x 23" D | Leg width: 2" | Shelf length: 61.6" | Shelf depth: 9" | Weight: 110 lbs



# TRX® YBELL® HORIZONTAL SHORT RACK

Form meets function in our TRX® YBell® Racks. Each heavy-duty steel Horizontal Rack, or H-Rack, has three rubber-padded shelves, and can accommodate TRX® YBell® Pro and Neo models, traditional dumbbells, and kettlebells. Short Horizontal Racks hold a minimum of 12 TRX® YBells®. Rounded front edge shelves protect equipment and users.

## DIMENSIONS

41" L x 29" H x 23" D | Leg width: 2" | Shelf length: 38" | Shelf depth: 9" | Weight: 79.4 lbs







# FUNCTIONAL TRAINING TOOLS



Complete the TRX® experience in your facility with our durable, patented line of Functional Training Tools. Crafted for high-volume use, each product meets the most stringent quality standards.

# THE HEXGRIP ADVANTAGE

Our exclusive TRX® HexGrip training tools have 2x stronger grip suction for maximum power. Throw higher. Move faster. HIIT harder. Your clients get better results with every workout.



## TRX® SLAM BALL

Cardio, agility, and strength training, in one compact tool. Our best-selling Slam Ball features a grooved tire tread texture, no-slip grip, and bounce-resistant construction built to withstand frequent use.

### WEIGHTS AVAILABLE

6, 8, 10, 15, 20, 25, 30, 40 and 50 lbs



## TRX® HEXGRIP MEDICINE BALLS

Master explosive movements with our most advanced medicine ball. Our moisture- and scuff-resistant design is wear-tested for intense training.

### 10" MEDICINE BALL

4, 6, 8, 10 and 12 lbs | 4, 6, 8, 10 and 12 kgs

### 14" MEDICINE BALL

8, 10, 12, 14, 16 and 20 lbs | 6, 8, 10, 12, 14 and 16 kgs



## TRX® HEXGRIP POWER BAGS

Our innovative HEX node textile creates superior handling for maximum efficacy. Wear-tested, triple-stitched, moisture-resistant design is built for grueling workouts.

### WEIGHTS AVAILABLE

10, 20, 30 and 40 lbs | 5, 10, 15 and 20 kgs







## TRX® PLYOCUBE

Designed for box jumps, incline pushups, tricep dips, and more, the TRX® Plyocube can be flipped to 20", 24", and 30" height options. With a durable vinyl exterior and honeycomb-design PU interior, our plyocube maintains its shape—and won't leave splinters in your clients' shins.

### DIMENSIONS

20" x 24" x 30"



## TRX® GRAVITY CAST KETTLEBELLS

TRX® Gravity Cast Kettlebells are made with precision molds for superior balance and handling. Our premium powder coating ensures a reliable, comfortable grip every time, and helps resist corrosion to prolong the life of the kettlebell.

### WEIGHTS AVAILABLE

4, 6, 8, 12, 16, 20, 24, 28, 32, 36 and 40 kg



## TRX® SOFT PLYO BOXES

Customize any workout with our stackable gym boxes. Mix and match all four heights for endless options. Velcro® edges secure each box when stacking. Dense foam core won't lose its shape. Durable vinyl exterior resists scuffs and scrapes.

### SIZES AVAILABLE

6", 12", 18" and 24"



## TRX® RUBBER COATED KETTLEBELLS

TRX® Rubber Coated Kettlebells feature top-quality construction, durable rubber coating on the bell, a powder-coated comfort-grip handle, and a machined flat base for easy storage.

### WEIGHTS AVAILABLE

4, 6, 8, 12, 16, 20, 24, 28, 32, 36 and 40 kg



## TRX® BATTLE ROPE

Deliver a full-body, heart-pumping, and endurance-challenging workout through slams, waves, jacks, throws, and pulls. The comfortable rubber grips won't slip, (no matter how hard your clients sweat), and the heavy-duty, tightly-braided construction can outlast the fiercest workout. Two year warranty.

### SIZES AVAILABLE

1.5" x 30' and 1.5" x 50'



## TRX® HEX RUBBER DUMBBELLS

TRX® Dumbbells are constructed with a solid steel core that doesn't bend or break, rubber hex caps to prevent rolling, and contoured ergonomic handles with knurled textured grip.

### WEIGHTS AVAILABLE

10, 15, 20, 25, 30 and 40 lbs



# ANCHORING & STORAGE

With built-in anchoring and designated equipment areas, TRX® Studio Line Functional Training systems maximize your space, storage, and training capabilities.





# TRX® BRIDGE UNITS

Bring the wow-factor to your facility with TRX® Bridge Units. Perfect for studios or on the gym floor, TRX® Bridges will breathe new life into any space.

DIMENSIONS	OUTSIDE FOOT TO OUTSIDE FOOT	CENTER POST TO CENTER POST	STANDARD HEIGHT	ELEVATED HEIGHT
14' LENGTH	55"	48"	94.3" / 7'10"	108.75" / 9'
21' LENGTH	55"	48"	94.3" / 7'10"	108.75" / 9'
28' LENGTH	55"	48"	94.3" / 7'10"	108.75" / 9'

## TRX® BRIDGE UNITS CONFIGURATION EXAMPLES



### 14' BRIDGE

#### DIMENSIONS

151" W x 7'10" H x 40.5" D



### 21' BRIDGE

#### DIMENSIONS

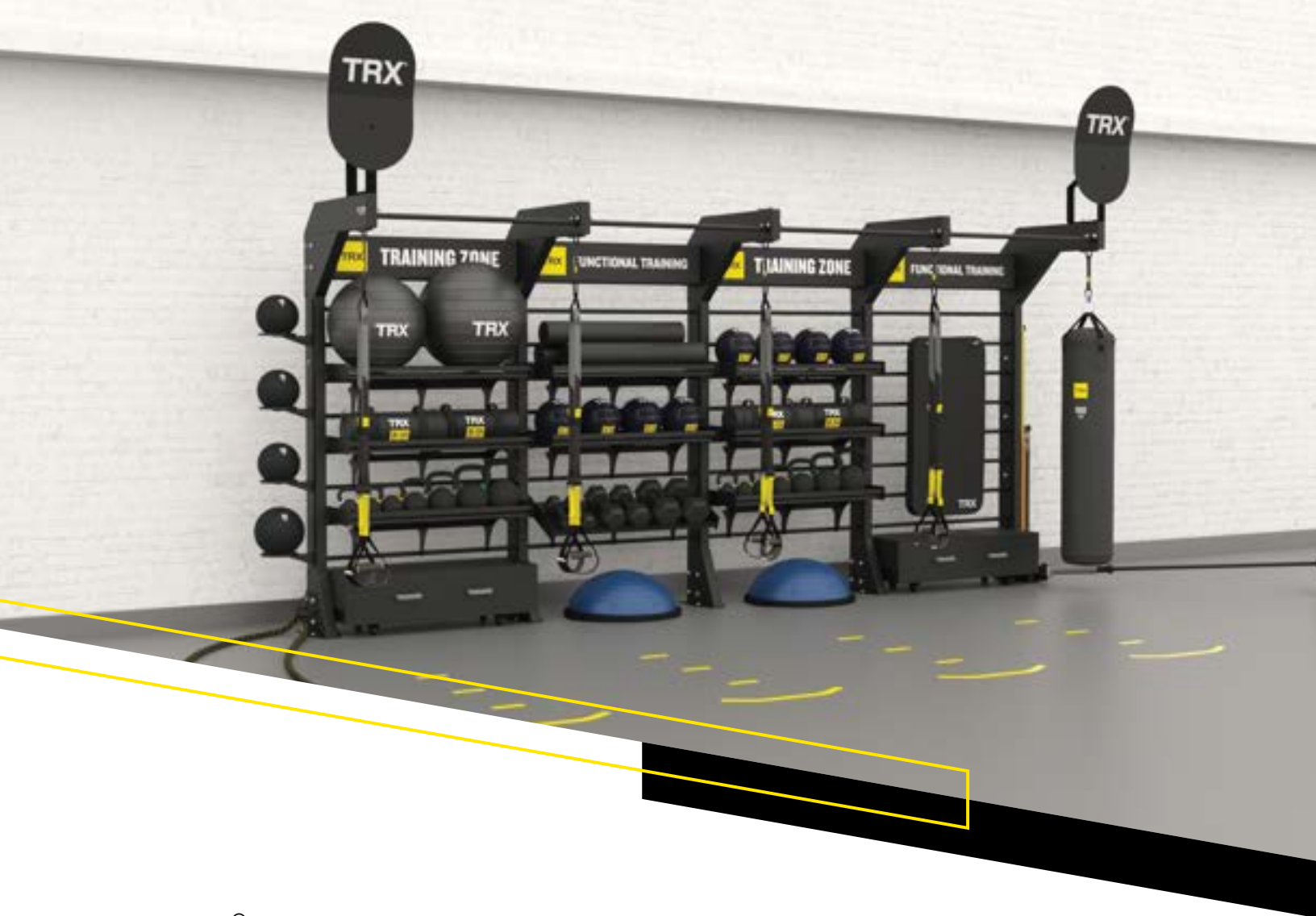
151" W x 7'10" H x 40.5" D



### 28' BRIDGE

#### DIMENSIONS

199" W x 7'10" H x 40.5" D



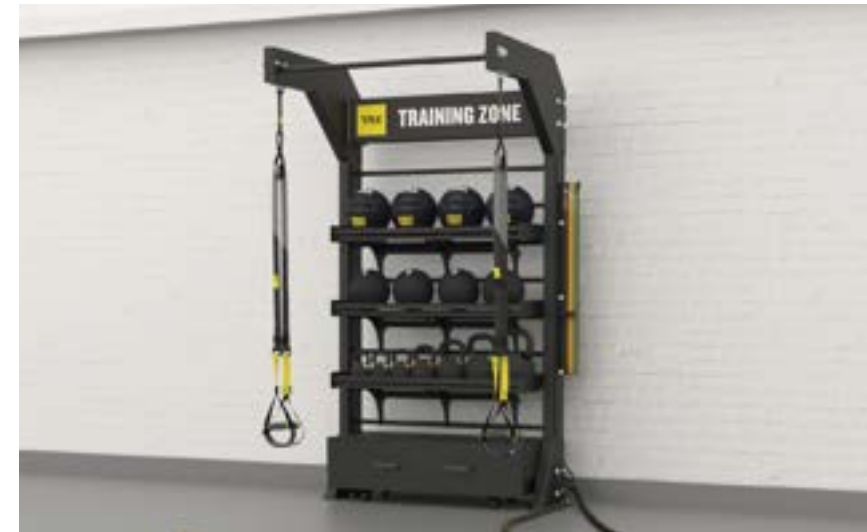
# TRX® BAY UNITS

Whether you're looking to activate a smaller area with a single bay or you want to go big with multiple bays, TRX® Bay Units are a premium, modular solution for adding functional training, strength training, storage, anchoring, and organization to any space—large or small.

DIMENSIONS	OUTSIDE FOOT TO OUTSIDE FOOT	CENTER POST TO CENTER POST	HEIGHT	DEPTH
SINGLE BAY	55"	48"	94.3" / 7'10"	40.5"
DOUBLE BAY	103"	96"	94.3" / 7'10"	40.5"
TRIPLE BAY	151"	144"	94.3" / 7'10"	40.5"
QUAD BAY	199"	192"	94.3" / 7'10"	40.5"

\* Each additional bay adds 48" / 4' to overall width.

## TRX® BAY UNITS CONFIGURATION EXAMPLES



### SINGLE BAY

**DIMENSIONS**  
55" W x 7'10" H x 40.5" D



### DOUBLE BAY

**DIMENSIONS**  
(103" W x 7'10" H x 40.5" D)



### TRIPLE BAY

**DIMENSIONS**  
(151" W x 7'10" H x 40.5" D)





## TRX<sup>®</sup> CORNER UNIT

The customizable set-up includes two Suspension Training<sup>®</sup> anchor points, a pull-up bar, multiple options for shelving to hold weights and equipment, and two storage drawers. The PVC-coated frame is designed to resist abrasion, and the band and tubing hooks can keep resistance tools neatly organized.

### PRODUCT SPECIFICATIONS

Corner to Corner Length: 106.2"

Length of Each Suspension Arm: 40.5"

Height of Unit: 94.3" (7'10")

From Corner to End of Bay (each side): 75.6"





## TRX XMOUNT®

A low-profile, sturdy mount for a TRX Suspension Trainer™ or Rip Trainer™.

### PRODUCT SPECIFICATIONS

Size: 6" x 4.6"

Colors: Steel Grey or White

Material: Commercial-grade steel



## TRX® S-FRAME

The TRX® S-Frame is a commercial grade steel, elevated structure that can support up to 22 TRX® Suspension Trainers. Built for group training, it can also be used for hanging equipment like heavy bags, conditioning ropes, and Rip Trainers.

### PRODUCT SPECIFICATIONS

Sizes: 5', 10', 15', 20', 25' and 30'

Heights: Standard (8' 3") and Elevated (9')

Material: Commercial-grade steel

Warranty: 1 year



## TRX® SINGLE MOUNT

Designed for Suspension Training®, this industrial-grade steel, wall-mounted unit is optimized for small spaces.

### PRODUCT SPECIFICATIONS

Size: 22" W x 21.86" H

Weight: 32 lbs

Material: Commercial-grade steel

Warranty: 1 year



## TRX® MULTIMOUNT

Advanced anchoring system for Suspension Training® and beyond. Train more people in less space. Ideal for pull-ups, hanging exercises, and as a training tool attachment point.

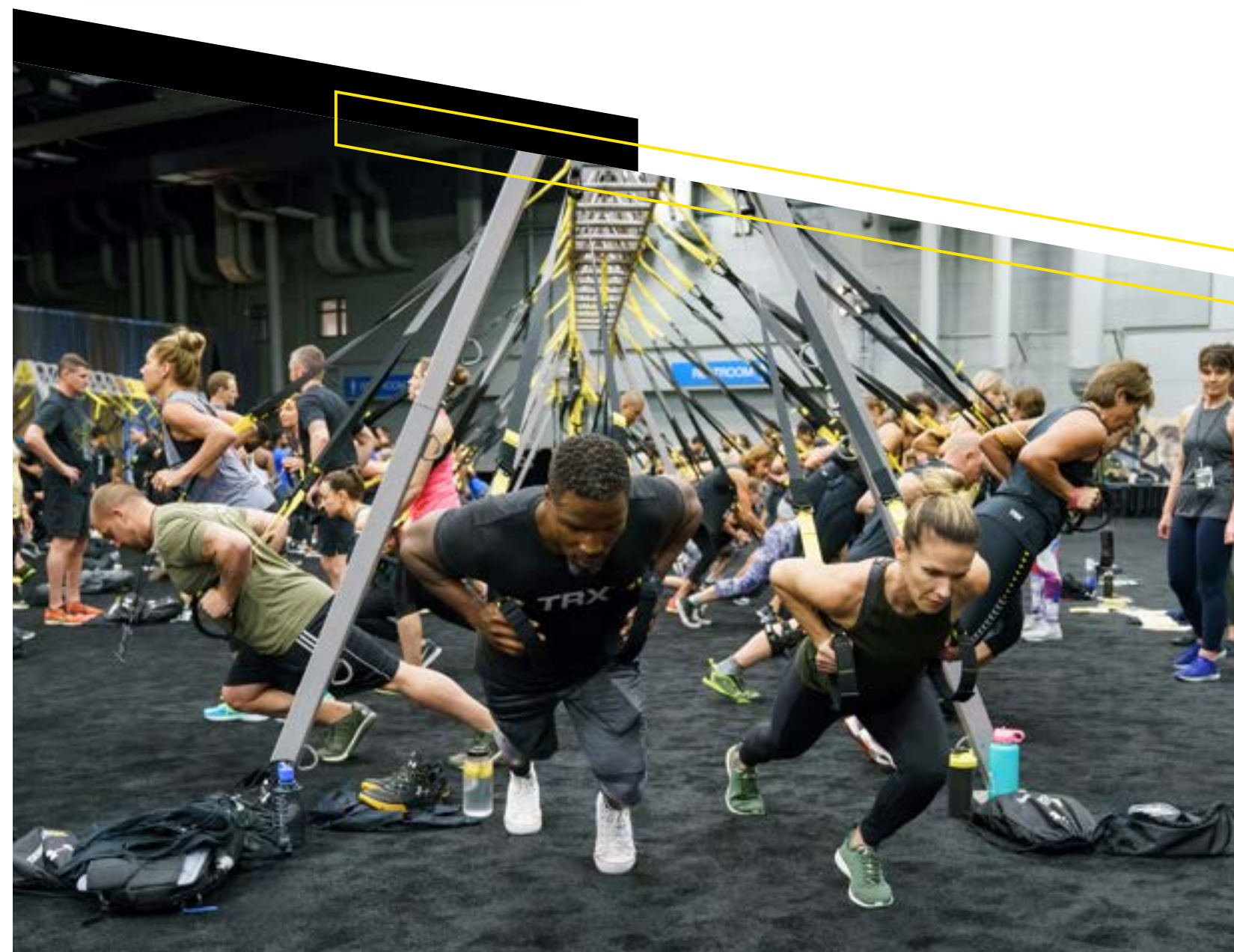
### PRODUCT SPECIFICATIONS

Sizes: 7', 14' and 21' (3 Suspension Trainers per 7')

Weight: 110 lbs (7'), 188 lbs (14') and 265 lbs (21')

Material: Commercial-grade steel

Warranty: 2 years







# EDUCATION & EXPERIENCES

Looking for programming or additional education solutions? We provide support to ensure your teams know how to deliver the best experiences.



# 23,800

COURSES

# 317,031

ENROLLMENTS

# 283,420

UNIQUE GRADS

Since 2006, TRX® has trained more than a quarter million coaches around the world. Deemed one of the highest valued industry courses, TRX® Education uses a movement-based framework that's applicable to any level, goal, and piece of equipment. Our courses progress from practicing foundational movement standards with the TRX Suspension Trainer™, to developing skills and integrating multiple training tools with individuals and/or groups.

## CHOOSE YOUR JOURNEY

**TRX Qualified®** Our industry-leading educators can teach your team wherever you are with our live and virtual options.

**ON-SITE | VIRTUAL | TRX® ONLINE COURSES**







# VIRTUAL

## TRX® YOGA FOUNDATIONS COURSE

TRX® Yoga is the ultimate fusion of fitness and Power Yoga. Using the TRX Suspension Trainer™ for support with any pose, clients can build confidence and graduate to more challenging progressions. Establish a strong foundation of alignment, core power, mobility, and stability through the repetition of movement and breath.

### ALSO AVAILABLE:

TRX Suspension Training® Course  
YBell® Coaching Course

TRX® Yoga Flow Course

# ON-SITE

## TRX SUSPENSION TRAINING® COURSE

The TRX Suspension Training® Course is the cornerstone of TRX® Education. This 7-hour course will show you how to correctly set up and use a TRX Suspension Trainer™, properly perform a variety of exercises, adjust resistance and stability, progress and regress exercises for all fitness levels, and cue and correct common faults.

### ALSO AVAILABLE:

TRX® Yoga Foundations Course  
TRX® Yoga Flow Course  
Functional Training Course  
YBell® Coaching Course

Group Training Course  
Rip Training™ Course  
Adv. Group Training Course





# TRX® ONLINE COURSES

Empower your team to learn at their own pace with TRX® Education, whether they are looking to earn TRX Qualified® credentials or specialize in a product or population-specific course.



**TRX SUSPENSION TRAINING COURSE**

## TRX® ESSENTIALS:



**TRX ESSENTIALS OF  
RIP TRAINING**



**TRX ESSENTIALS OF  
YBELL TRAINING**



**TRX ESSENTIALS OF  
KETTLEBELL TRAINING**



**TRX ESSENTIALS OF  
RESISTANCE TRAINING**



**TRX ESSENTIALS OF  
BATTLE ROPE TRAINING**



**TRX ESSENTIALS OF  
MED/SLAM BALL TRAINING**

## TRX® FOR:



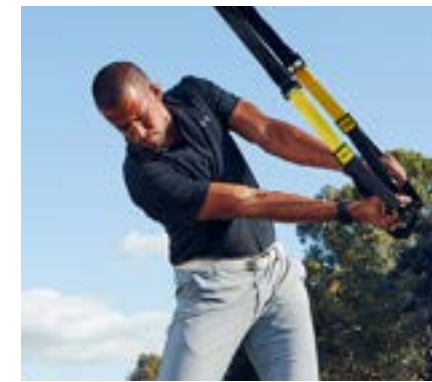
**TRX FOR THE PRE &  
POST NATAL ATHLETE**



**TRX FOR CYCLING**



**TRX FOR RUNNING**



**TRX FOR GOLF**



**TRX FOR THE FEMALE  
ATHLETE**



**TRX FOR YOGA COURSE**



**TRX FOR YOGA INVERSIONS**



**TRX FOR YOGA HIP OPENING**





## TAKE THE NEXT STEP

TRX® experts can answer questions about equipment, help you plan a unique layout for your facility, schedule education, and assist with purchases.

**Contact our team to learn more about how TRX® can help grow your business.**

## CUSTOMIZED SOLUTIONS

TRX® Education has created custom courses for gyms, first responders, military personnel, and government agencies.

**Let us build the right program for your team.**





**TRX**<sup>®</sup>

MAKE YOUR **BODY** YOUR **MACHINE**