

TRX Suspension Training



What is it? TRX stands for Total Body Resistance Exercise.

Basically TRX is a strap system that allows for a wide variety of exercises to be performed at various fitness levels using gravity and body weight. The fact that TRX incorporates a component of instability into every exercise makes this a very functional workout that engages the core muscles, no matter what exercise is being performed.

Click on the following link for more information.

http://www.youtube.com/user/PinnacleMadison?feature=mhum#p/a/u/0/5tPdjl_e8Xg

What is the class like? Each 45 minute class will include a warm up, strength/cardio circuit and cool down. These classes will offer a total body workout incorporating strength, flexibility, balance, power, endurance, and core as well as several cardio intervals. **Click on the following link to see a class in action.**

<http://www.youtube.com/user/PinnacleMadison?feature=mhum#p/a/u/1/ygReEnDHThA>

How do I learn how to use the strap?

We offer INTRO classes on a monthly basis to learn how to properly adjust the strap and demonstrate some basic movements of the class. You **MUST** take an intro class prior to entering a regularly scheduled class.

Who should try TRX? Everyone!! TRX is for all fitness levels. Every exercise can be modified from beginner to advanced. Men and women, alike, will enjoy the variety of these classes as well as how much different these workouts are from traditional weight training. Why not try something new and fun?

Do I have to sign up for class? Yes! Please sign up at the front desk. You can sign up 3 days in advance of all classes to reserve your space. You must come in person to sign up or call the same day of class to reserve your space. Classes are limited to approximately 9 people in Fitchburg and 12 people at Cap. Square.

Cost? TRX is included in the Premier program. Upgrade for only \$5 per month for access to TRX, Yoga, and access to Harbor and Prairie Athletic Clubs. Or buy one class or a 6 class package. Ask at the front desk for more details.