Above this line and at the top of every page is a header with the VISION logo and the full name of the VISION organization which is Visually Impaired Sailing Institute and Organization of North America, Inc.

**Blind Fitness Program**

VIP User Guide For

**TRX® HOME 2 SUSPENSION TRAINING SYSTEM**

**Supplemental information and user guide for Persons with visual disabilities.**

# Table of Contents

Chapter 1: Introduction, Opening the Box, Tactile Tours.

Chapter 2: Anchoring Your TRX® HOME 2 Straps.

Chapter 3: Exercising with your TRX® HOME 2 Straps.

# Chapter 1: Introduction, Opening the Box, Tactile Tours.

## Introduction.

Whether beginning a fitness journey or pushing toward your summit, TRX® Training helps you move better, feel better, and live better, whenever and wherever you might be. Simple to use, easy to set up, light to carry, very compact, the TRX® suspension training system creates independent quick to learn full body workout opportunities for everyone, no matter where you are on your fitness spectrum. The blind author of this VIP User Guide hopes that you find the information within this guide useful to set you up for success with your TRX® HOME 2 Suspension Trainer System. This VIP User Guide is not intended to be the definitive source of information about your TRX® HOME 2 Suspension Trainer system. Rather, with expanded narrative discussions of important topics, and detailed descriptions of images presented in TRX Training® materials, this VIP User Guide provides information tailored for Persons with visual disabilitiesto promote knowledge / understanding, and to instill independence / confidence, while using your TRX® Straps.

## Specific Benefits of the TRX® HOME 2 suspension training systems for Persons with visual disabilities.

For Persons with visual disabilities, the TRX® HOME 2 suspension training system naturally offer numerous benefits, such as the following.

VIPs can independently engage in beginner to advanced intense fitness workouts without leaving their home so there are no transportation issues with which to deal.

VIPs can easily carry their TRX® HOME 2 straps anywhere in a convenient, durable, tactilely recognizable mesh bag with nylon draw cord which acts like a loop handle. A full body intense workout is always just moments away. A hotel room, friend’s house, nearby park, campground, fitness center, wherever, and you never need to wonder what equipment may be available or where it is.

The TRX® HOME 2 straps are all connected together, so no small parts to misplace, drop or lose. Even the door anchor and Suspension Anchor can be clipped to your TRX® HOME 2 straps when not in use, so everything is together and easy to find.

The TRX® HOME 2 straps are tactilely intuitive and easy to adjust. No sight needed to quickly transition through dozens of entire series of exercise routines.

The TRX® HOME 2 straps hang from an anchor point off the ground and do not involve any heavy weights, , so there is no bulky equipment to deal with, no trip hazards on the floor, nothing to put away other than the straps in the mesh carrying bag.

## Additional VIP User Guides.

The VISION VIP Ambassadors have created other supplemental user guides specifically designed for use by Persons with visual disabilities to get the most out of their TRX® Suspension Training Systems. Please see the following other VIP User Guides which are available as of the writing of this VIP User Guide.

VISION has prepared another VIP User Guide titled “**Blind Workout Challenge**” which contains instructions on how to engage in a random 16 exercise workout using TRX® Systems. The Blind Workout Challenge VIP User Guide provides detailed narrative descriptions of 16 different basic TRX® exercises in beginner, intermediate and advanced versions, as well as how to randomly sequence the exercises in the workout. To obtain an electronic copy of the Blind Workout Challenge VIP User Guide, please contact the author of this VIP User Guide whose contact information is presented at the very end of this VIP User Guide.

## Additional Information About TRX® Products, Accessories, and More.

This VIP User Guide has been prepared as an instructional aide for Persons with visual disabilities using the TRX® HOME 2 Suspension Trainer System only. It must be noted that the TRX® HOME 2 System is just one, of many different TRX® products and accessories you may consider to satisfy your exercise needs. This VIP User Guide is not a product catalog and cannot provide an overview of all the TRX® exercise equipment products, accessories, or clothing which might be available at the time you are reading this VIP User Guide. If you would like to learn more about the complete family of TRX® exercise equipment products, accessories, clothing, product bundles, special TRX® product offers, and the like, you can visit the TRX Training® website shop at the following link:

<https://store.trxtraining.com/>

In transcription speed, the link is: h, t, t, p, s, :, /, /, s, t, o, r, e, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m, /

If you would like to learn more about TRX Training® generally, you may go to the following web link:

https:// trxtraining.com/

In transcription speed, the link is: h, t, t, p, s, :, /, /, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m, /

## Information about TRX® App.

At the time of the writing of this VIP User Guide, the TRX® HOME 2 Suspension Trainer System comes with a free 1 year subscription to use the TRX® App, a very useful fitness tool you can carry with you anywhere you can carry your mobile smart electronic device / smart phone. A short discussion of the TRX® App is provided in this VIP User Guide in this Chapter 1, when a narrative description of the post card size flyer which accompanies your TRX® HOME 2 System is described. It is noted that the TRX® App provides users with access to extensive fitness related materials, predesigned workout routines created by TRX® certified trainers, options to keep track of and monitor your performance, and much more. Given the vast set of TRX® App related material, a complete discussion of the TRX® App is not provided in this VIP User Guide as it would be well beyond the scope of this instructional aide.

You should note that at the end of the 1 year free use period for the TRX® App, you will be required to start paying a monthly service fee to continue using the TRX® App. What that service fee may be cannot be predicted in this VIP User Guide. If you choose not to continue using the TRX® App after the 1 year free period, your access to historical workout information and the like captured in your TRX® App may be limited or not possible.

If you would like to access useful information about the TRX® App, you can go to the following link on the TRX Training® website:

<https://get.trxtraining.com/trxapp>

That is, in transcription speed: h, t, t, p, s, :, /, /, g, e, t, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m, /, t, r, x, a, p, p

Also, if you would like to obtain answers to frequently asked questions about the TRX® App, including useful information on downloading the TRX® App, subscribing to the TRX® App, addressing issues specific to certain mobile smart electronic devices you may want to use with your TRX® App subscription, what training resources are available through the TRX® App, and more, you can go to the TRX® App FAQ page at the following web link:

<https://get.trxtraining.com/trxapp/faq>

That is, at transcription speed: h, t, t, p, s, :, /, /, g, e, t, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m, /, t, r, x, a, p, p, /, f, a, q.

## Accessibility and the TRX® App.

Note that as of the writing of this VIP User Guide, the TRX® App was not specifically designed for Persons with visual disabilities. As a result, your experience when using the TRX® App may vary depending on several factors. What electronic mobile device you use to access the TRX® App, which screen reader you use on your mobile electronic smart device, your familiarity with the TRX® App, your specific use case, and the like are all factors which may contribute to your overall TRX® App experience as a person with visual disabilities . For example, as of the writing of this VIP User Guide, if you are a user of Apple® products running the Voice Over screen reader software program, you may encounter significant difficulties navigating around the TRX® App when the Voice Over screen reader is running. You may find that your left and right swipes will circle within just one section of the TRX® App and the only way out of the loop is to randomly single finger touch the screen in the bottom third middle or top third middle of the screen. You may want to ask a sighted friend to assist you with the TRX® App by looking at it while you navigate, but the sighted person will not be able to follow the active cursor of the Voice Over screen reader as over lay screens will pop up for the sighted person while the active cursor of the Voice Over screen reader is still reading material underneath the pop up over lay screen. You may encounter difficulties when attempting to select a workout video to play, and additional difficulties when attempting to navigate to the control panel to start / pause the workout video, as you might find yourself stuck in a right/left swiping loop. You might have to randomly single finger touch the bottom third middle of the screen to get out of the loop so you can navigate to the video control buttons. These are just a few of the accessibility issues you might encounter so do not be surprised if you encounter others. With patience, diligence and perseverance, you will be able to manipulate the TRX® App and access all of its features but be aware of the navigation challenges you might encounter using your screen reading software program.

If you need assistance using your TRX® App, you should contact the TRX® Customer Service Team by calling in the United States 1-888- 878-5348, or by emailing customerservice@trxtraining.com, that is, in transcription speed, c, u, s, t, o, m, e, r, s, e, r, v, i, c, e, @, t, r, x, t, r, a, i, n, i, n, g, ., C, ,o ,m.

## Video Content resources.

If you would like to experience video content information about the TRX® suspension training systems, how to set them up, how to anchor them to appropriate anchor points generally, and more you may access TRX® official set up and basic use guide information in video format from several sources. The TRX® App to which you receive a free 1 year subscription with your TRX® HOME 2 System, is a good source for such content. The TRX® App will give you access to hundreds of video and / or audio only content depicting exercise routines developed and presented by experienced, certified TRX® Trainers. In addition to video and audio content available through the TRX® App, there are official TRX® videos available concerning set up and use of TRX® Straps at the official TRX Training® website. These TRX® official videos were not designed for persons with visual disabilities but listening to them can provide useful basic set up and use information even though they are not audio described. Note that there are hundreds, even thousands of unofficial videos floating out there on the internet so be aware that not all video content may be endorsed by Fitness Anywhere, LLC the maker of TRX® exercise equipment, or relevant / useful for your specific needs. Lastly, while much of the video content is dialog rich, it is not audio described and there may be times when references in the videos will not make sense to a person with visual disabilities do to the use of visual clues only, or comments by the trainers in the videos to watch what they do and follow along. All to say that your experience with video training content about your TRX® HOME 2 System may vary widely.

Link to quick set up video on official TRX® website.

<https://www.trxtraining.com/train/set-up-and-use-for-the-trx-suspension-trainer>

That is, in transcription speed:

[h, t, t, p, s, :, /, /, w, w, w, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m, /, t, r, a, i, n, /, s, e, t, -, u, p, -, a, n, d, -, u, s, e, -, f, o, r, -, t, h, e, -, t, r, x, -, s, u, s, p, e, n, s, i, o, n, -, t, r, a, i, n, e, r](https://www.trxtraining.com/train/set-up-and-use-for-the-trx-suspension-trainer),

Link to series of set up and use videos prepared by TRX® on the YouTube web site.

<https://www.youtube.com/watch?v=JKQcQO7fKV4>

That is, in transcription speed:

[h, t, t, p, s, :, /, /, w, w, w, ., y, o, u, t, u, b, e, ., c, o, m, /, w, a, t, c, h, ?, v, =, J, K, Q, c, Q, O, 7, f, K, V, 4](https://www.youtube.com/watch?v=JKQcQO7fKV4).

Note that video content on the YouTube website may roll from one video to another video and it is possible that commercials might be interposed which have nothing to do with TRX® products or services. Also, the relevant of the video content may reduce after the first video, and for many follow-on videos, or other TRX® related videos you may find on YouTube, it may be challenging to determine if the content is or is not endorsed by Fitness Anywhere, LLC, the maker of TRX® products. Searching the internet, you may also find hundreds, maybe thousands, of workout videos highlighting the use of TRX® Straps. Be aware that while much of this online video content may be generally useful, most of it is not officially endorsed by Fitness Anywhere, LLC, the maker of TRX® products, so maintain an objective perspective when determining if any such content is relevant to achieving your workout goals. All to say that you will need to exercise your own judgment concerning the usefulness of video content you may find related to TRX® Straps from YouTube, or any source.

## About This VIP User Guide and Its Limitations.

This VIP User Guide was written by a blind person especially for Persons with visual disabilities of the TRX® HOME 2 suspension training system. The text is presented in the font, Times New Roman, and the font size ranges from 5 to 30. Some text is formatted as bold, italic, and underlined. There are no graphic images presented. Heading designations have been inserted to provide quick access to different chapters, parts of chapters, and sections of this VIP User Guide using screen readers which can detect heading designations. The beginning of Chapters and the end of Chapters have been designated as Heading Level 1. Parts and Sections within parts within chapters have been designated as heading level 2. You should be able to dictate the speed at which your screen reader reads to you this material. Some general information sections you might want to skim at a fast pace, or skip. Some detailed sections you might want to read slowly to absorb the material thoroughly. Some sections you will need to read only once, and others you might want to come back to time and again.

Your experience with this VIP User Guide will depend on a number of factors. The computer / laptop / mobile electronic smart device / etc. you use to access this material, how you are gaining access to this material, the screen reader you use on such electronic equipment , and your familiarity with all the above, can affect your experience. The blind author of this VIP User Guide cannot anticipate all the issues you may experience when reading this material, nor can this blind author provide any discussion on how to use your computer / laptop / mobile electronic smart device or screen reading software you may have on any such computer equipment. Consult with the manufacturer of your electronic equipment and / or screen reading software concerning how best to optimize your screen reading experience with any textual materials, including this VIP User Guide.

## General Information.

The information provided in this VIP User Guide is intended to supplement, and not replace, the written and other official TRX® materials which come with your TRX® HOME 2 suspension training system. It is recommended that you consult the useful official information available at the TRX Training® website, a link to which is provided below, for a complete set of informational and educational materials and tools to ensure that you are well informed about the full spectrum of fitness options your TRX® HOME 2 System can provide for you.

This VIP User Guide was not prepared by Fitness Anywhere, LLC, the maker of TRX® products, and those who consult this VIP User Guide do so with the knowledge and understanding that it is an unofficial instructional aide only. You are urged to consult Fitness Anywhere, LLC resources for official information on the setup and use of your TRX® HOME 2 Suspension Trainer System.

This VIP User Guide may not address every issue you may have with your setup and use of your TRX® HOME 2 System, may not answer all of the questions you may have about exercising with your TRX® HOME 2 System, may not address how your TRX® HOME 2 System can be adapted to accommodate any aspect of your individual situation or your unique fitness needs, nor is this VIP User Guide intended to be a source of information on anatomy, physiology or kinesiology. Rather, this VIP User Guide is just a thoughtful attempt to aid for Persons with visual disabilities in better understanding their TRX® HOME 2 Suspension Trainer System. Should you have any questions about your TRX® HOME 2 System after reviewing this VIP User Guide and consulting the official information which accompanied your TRX® HOME 2 System, you should contact the TRX® Customer Service Team by calling in the United States 1-888- 878-5348, or by emailing customerservice@trxtraining.com, that is, in transcription speed, c, u, s, t, o, m, e, r, s, e, r, v, i, c, e, @, t, r, x, t, r, a, i, n, i, n, g, ., C, ,o ,m.

You can also access a wealth of useful information about your TRX® HOME Suspension Trainer System, how to learn about existing and new products and accessories, how to tap into the thousands of TRX® user communities, how to gain access to personal trainer resources, how to learn more about the TRX® App, how to access useful frequently asked question resources about the TRX® App and other aspects of your TRX® HOME 2 System, and more at the official website for TRX® products and services. Go to [https://www.trxtraining.com](https://www.trxtraining.com/) That is, in transcription speed, [h, t, t, p, s, :, /, /, w, w, w, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m.](https://www.trxtraining.com/)

This VIP User Guide respects the intellectual property of Fitness Anywhere, LLC the maker of TRX® products and provider of TRX® services. Please note that as of the writing of this VIP User Guide, TRX, Suspension Trainer, Suspension Training, and Make Your Body Your Machine are trademarks or registered trademarks of Fitness Anywhere LLC. As appropriate, ® symbols have been used throughout this VIP User Guide to highlight the ownership of this intellectual property by Fitness Anywhere, LLC. Also, the information displayed on your TRX® HOME 2 System Box, the cards contained inside the box, and the material presented on referenced TRX Training® related websites are copyrighted material, owned by Fitness Anywhere, LLC. Fitness Anywhere, LLC has reserved all rights to all such intellectual property.

Apple and Apple logo are trademarks of Apple Inc. registered in the U.S. and other countries. App Store is a service mark of Apple Inc.., Android, Google Play and the Google Play logo are trademarks of Google Inc.

Any description or transcription of information presented on the TRX® HOME 2 System box or the contents thereof, in this VIP User Guide is intended solely to benefit for Persons with visual disabilities who cannot otherwise perceive such information and is presented pursuant to applicable laws allowing presentation to persons with visual disabilities .

## What This Chapter 1 covers.

The following is a discussion of opening your TRX® HOME 2 suspension training system box, what content is presented on the outside of the box, what is inside the box, a tactile tour of your TRX® straps and included accessories, along with the transcribed text appearing on the information cards which come with your TRX® HOME 2 suspension training system. An effort has been made to capture this content accurately, but descriptions of some content may not be presented, or if presented, may not be described perfectly for you. You should contact the TRX® Customer service Department if you have any questions or need more information about any aspect of setting up or using your TRX® HOME 2 Straps. The TRX® customer service phone number and email address are presented above.

## The Box.

* 1. The Box. The outside of the TRX® HOME 2 Suspension Trainer System Box presents useful information you may not be able to perceive. This discussion describes the outside of the box and focuses on one side at a time in this order. Outer Sleeve Top, Outer Sleeve Bottom, Outer Sleeve Front, Outer Sleeve Back, Outer Sleeve Side, Inner Box side.
		1. Outer Sleeve Top. Now, starting with the Outer Sleeve Top. There are two images of the TRX ® app displayed on smart phones. Here is the transcription of textual information presented. The TRX App changes the game, delivering fully customizable workout plans with real-time feedback from world class coaches while tacking your biometric data and progress to achieve every one of your goals. World-Class trainers: Our expert coaches provide real-time in-ear coaching to help you nail your technique. and achieve your goals. Training Diversity: Choose your type of workout-suspension training, functional training, H, I, I, T, yoga, and more. Works with Wearables: Connect your wearable to monitor your heart rate and VO2max – so your workout progresses as you do. Plan and Track: Plan your fitness goals and get constant updates that track your progress as you go. Get after it when you want it, how you want it! Download today: Download on the app store. Get it on Google Play.
		2. Outer Box Sleeve bottom. TRX name with yellow background on the top left. YouTube, Instagram and Facebook trademarks are presented on the right center. There is a bar code on the bottom right corner. Here is the transcription of textual information presented. Welcome to the TRX Family. Visit [www.trxtraining.com](http://www.trxtraining.com) that is, in transcription speed [w, w, w, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m](http://www.trxtraining.com), For more information follow us on YouTube, Instagram, Facebook. We’re here to support your fitness journey. Any questions call 888-878-5348 Monday thru Friday 7am to 5pm PST. TRX Suspension Trainer devices are intended solely for personal, family, or household purposes. Limited warranty covers the original purchaser only and lasts for one year from the date of purchase. Additional warranty details are included or at www.trxtraining.com/warranty, that is, at transcription speed, W, w, w, ., T, r, x, t, r, a, I, n, I, n, g, ., c, o, m, /, w, a, r, r, a, n, t, y. © 2018 Fitness Anywhere LLC, San Francisco, California. All rights reserved. TRX, Suspension Trainer, Suspension Training, and Make Your Body Your Machine are trademarks or registered trademarks of Fitness Anywhere LLC. Patent Nos. 7,044,896; 8,043,197; 7,651,448; 7,722,508; 7,762,932. Other domestic and international patents pending. Apple and Apple logo are trademarks of Apple Inc. registered in the U.S. and other countries. App Store is a service mark of Apple Inc.., Android, Google Play and the Google Play logo are trademarks of Google Inc. Do your part. Please recycle this box. Made in China
		3. Outer Box Sleeve Front. TRX® name with yellow background on the top left. Most of the face of the box depicts an athletic woman who is 25-35 years old. She is holding onto the handles of the TRX strap and appears to be leaning back but pulling herself up towards a standing position. Here is the transcription of textual information presented. TRX®. Make your Body Your Machine. Home 2 System. Upgraded Features: Adjustable foot cradles. Durable foam handles. Padded for comfort. TRX® App: Premium access. Includes one free year TRX® App. Personalized training: Real-time, in-ear coaching. Personalized workout programs. Plan and track your progress.
		4. Outer Box sleeve back. Pictures of the four items contained in the box labeled: A = TRX® HOME 2 Suspension trainer, B = Suspension Anchor, C = Door Anchor, D = Mesh bag. There are four close up images of features of the suspension trainer®. Here is the transcription of textual information presented. TRX®. Train at Home and on the go with the TRX® HOME 2 System. The contents are described with corresponding labels. A = TRX® HOME 2 suspension trainer. Padded, adjustable foot cradles. Plush foam handles. Easy-to-adjust straps. B = Suspension Anchor. For use indoors and outdoors. C = Door Anchor. For use at home or on the road. D = Mesh Carry Bag. Take it with you anywhere. Also included: Key to Free card and exercise poster. Labels on close-up images: Barrel lock adjusters for quick transitions. Padded handle straps for comfort. Soft, but durable foam handles. Adjustable for cradles for diverse workouts. TRX® Concierge Service. Call, email or chat with our team for answers to questions you have about products, workouts or set-up and use. Let us help you! Call 888-878-5348 Monday thru Friday 7am to 5pm PST.
		5. Outer Box long side. Seven images of exercises that can be done with this TRX® HOME 2 Suspension Trainer System, with labels. Push, the figure is holding onto the handles and leaning forward to do standing pushups. Pull, the figure leans back while holding the handles and then pulls her body upright by bringing her hands to her head. Plank, the figure is doing a plank with his hands on the floor and his feet inserted in the handles and suspended arms-length off the floor. Rotate, the figure is holding onto both handles with one hand while leaning. She rotates her free hand towards the floor and then upwards. Hinge, while holding the handles, the figure bends forward and makes a right angle with her body, then stands upright. Lunge, with one foot in the handles, the figure brings that knee down to the ground, then stands. Squat, while holding the handles, the figure squats and then stands. Here is the transcription of textual information presented. Learn 7 simple movements to perform 100+ exercises. All levels. All goals. Fast, fun and effective. Transform the way you look, feel and think
		6. Inner Box side with QR code. With Large T R X letters, QR code is on the bottom right after the letter X. Note that if you scan the QR code and your scanner successfully finds the code, you will be asked to confirm if you wish to open the link to the TRX Training® website. Once you click or double tap on the link and confirm, you will encounter a registration dialog box, requiring you to input your username and password, or to confirm that you wish to set up a new account, in order to continue to the TRX Training® website. If you have not already created a TRX® webpage account, you can swipe to the “sign up here” button to register. Once successfully logged in, you will be at the TRX® main website. At the TRX Training® website, you can learn about® products, accessories, training tools, personal trainers, and much more.

## ***Opening the box***.

* 1. Opening the box. Your TRX® HOME 2 suspension straps come in a rectangular box within a cover sleeve configuration. The dimensions of the entire package when removed from any packing material should feel like a small shoe box. At first feel, it might not seem obvious how to open the box so do not rush ahead and start ripping the box open as you might want to keep the box to store your TRX® Straps. Here is a step by step tactile guide to opening the box and preserving it if you want to store your TRX® HOME 2 in the box when not in use. First, feel around the edges of the box. Along two edges of one of the long narrow sides of the box You will feel 2 finger cutouts. The finger cutouts are in the sleeve cover which will ultimately be pulled off the inner box. Second, feel the edges with the finger cutouts and find the tape holding the sleeve cover to the inner box. Peel off the tape holding the sleeve to the inner box. Alternatively, you can carefully cut the tape holding the sleeve cover to the inner box, making sure not to hurt yourself, the outer sleeve, or inner box in the process. Third, grab the inner box at the finger cutouts with one hand, grab the sleeve cover with your other hand and pull them apart in opposite directions. Note that the inner box might be a tight fit inside the sleeve cover so you may need to gently wiggle the inner box as you pull the sleeve cover off to free the inner box. Put the sleeve cover aside for now in a location which will not present a trip or safety hazard. Fourth, feel around the edges of the inside box and you will feel another single finger cutout on one of the small ends of the inner box. Orient the inner box so that the finger cut out is facing down, there should be no tape holding down this side flap with the single finger cutout. Fifth, with a gentle tug, swing up the side flap of the inner box, and this should release the entire top which can be pulled open like a clam shell, but will remain connected and hinged to the inner box so you can close it up later.

Inventory of Box Contents.

* 1. Inventory of Box Contents. Inside the inner box will be a mesh bag holding the TRX® HOME 2 straps and included accessories, a couple of moisture reduction cloth packs, a folded poster which depicts some exercise routines, a think rubber wrist band with the TRX® logo, a small folded quick start guide with basic illustrations, a TRX® Concierge post card size flyer, and a post card size flyer with information about the TRX® App you can download onto your mobile electronic device. Also, on the inside lid of the inner box, inset into the lid, is a card, labelled Key to Free, with a special code you may use later to sign up for a free 1 year subscription to use the TRX® App, if you wish. Note that the special code on the card inside the inset space of the lid to the inner box is not in braille, so you will need to use some adaptive technology to read it, or use a video chat device to have a sighted friend or family member read it to you remotely, or ask a sighted person nearby to read it to you. For now, however, you will not need the special code and the card on which the special code is printed is glued into the lid inset so do not throw away the inner box before you obtain the special code. If you do throw away the box, be sure to recycle it. For now, pull the mesh bag out from the inner box, leaving the rest of the items and documentation in the inner box, and place the inner box near the outer sleeve in a safe place where it will not be a trip hazard.

## ***Mesh Bag and Straps, a Tactile Tour***.

* 1. Mesh Bag and Straps, a Tactile Tour. The mesh bag has a round opening at one end which is held closed with a nylon draw string, locked into place with a spring-loaded toggle. Move the mesh bag to a flat surface, which is at least 7 feet long by 3 feet wide so you can stretch the TRX® HOME 2 straps and accessories out to examine them. A safe, clean space on the floor is perfect for this task. Open the mesh bag by compressing the spring-loaded toggle by pressing it together and open the round mouth of the mesh bag by sliding the toggle along the nylon draw string away from the mesh bag until the toggle is close to the knot end of the nylon draw string. Carefully pull out the contents of the mesh bag which should include three items. First, a large bundle of straps held together by a large zip tie. You will unbundle the TRX® HOME 2 straps in a moment. Second, a door anchor which will feel like a small velvet rectangular pillow, with a hard foam covered plate under the velvet cover, which could fit into the palm of your hand, connected to a sturdy nylon web strap, about 12 inches 30 centimeters long, with a loop at the non-pillow end of the strap. You may also notice a movable silicon cover around the stitching on the loop end of the door pillow which helps to protect the stitching around the loop. Leave the movable silicon cover where it is as there is no need to move it. Third, a rolled up sturdy web nylon Suspension Anchor about 36 inches / 91.5 centimeters long with a spring-loaded metal clip, called a carabiner, at one end, and a loop at the other end. You may notice other intermediary loops along the strap in between the carabiner and the end loop. You may also notice a nonmovable patch of silicon covering the stitching by the loop. Do not attempt to remove the silicon stitching cover patch.

## ***The TRX® HOME 2 straps***.

* 1. The TRX® HOME 2 straps. Returning to the first bundle of straps you removed from the mesh bag, remove the large zip tie from the TRX HOME 2 straps bundle, either by slipping off the zip tie or by cutting it off. You can discard the large zip tie as you will not need it again. Unbundle the TRX® HOME 2 straps and feel for a spring-loaded, metal locking clip or carabiner. The carabiner is the top of the straps. Hold the straps up by the carabiner and then lay them out on the floor or flat space, with the spring-loaded locking carabiner at one end, and the two foam covered handles with foot cradles below the handles at the other end. Once you have laid out your TRX® HOME 2 straps, feel again for the carabiner and we will begin the tactile tour at the top of the straps.

## T***actile Tour of TRX® HOME 2 Straps***.

* 1. Tactile Tour of TRX® HOME 2 Straps. The carabiner is at the top of the straps and it is with this carabiner you will anchor the straps to an appropriate anchor point. The carabiner has been safety tested to hold more than 700 pounds. We will discuss how to anchor your TRX® HOME 2 straps to an anchor point in another chapter in this VIP User guide. You will notice that the carabiner is connected to a short sturdy nylon strap which is looped around another sturdy nylon strap. Feel how the strap connected to the carabiner is prevented from moving more than about 4 inches / 10 centimeters on the other nylon strap. What limits the carabiner strap’s movement is another nylon strap referred to as the Equalizer Loop, or Stabilizing Loop. This Equalizer Loop almost feels like a handle. The Equalizer Loop marks the center of the long set of adjustable straps connected to the handles and foot cradles you felt earlier. The Equalizer Strap keeps the straps about the same length from the anchor point to the handles, so that if you pulled on only one strap, the other strap would not thread through the top loop connected to the carabiner. As a general rule, you will not want to saw back and forth, or push/pull only one handle without holding or locking down the other handle so that the system is always balanced. Pulling on only one of the adjustable straps while the straps are anchored can place inappropriate stress on the Equalizer Loop. The adjustable straps on either side of the Equalizer Loop are identical. Feel down one of these adjustable straps until you encounter the top of the adjustment tab, which is the end of the long adjustable strap. Notice how the adjustment tab is captured with an elastic loop stitched into another nylon loop around the long adjustable strap. The adjustment tab is allowed to slide up and down the long adjustable strap because of these capturing loops. Continue to feel down below the adjustment tab below the capturing loops, and you will notice that there are two parallel straps now. Continue down the two parallel straps until you encounter another elastic capturing loop around both parallel straps. Just below the second elastic capturing loop is the Barrel Adjuster, also known as the Adjustment Buckle, or Cam Buckle. The Barrel Adjuster is a metal device through which the Adjustable Strap is threaded so that it doubles back on itself, locking the Adjustable Strap in place, where needed. This second elastic loop is tethered to the Barrel Adjuster by a small nylon cord so that it does not travel up the adjustable straps more than 1 inch / 2.5 centimeters. The Barrel Adjuster is a metal device which allows the adjustable strap to be longer or shorter, depending on the exercise movement. The Barrel Adjuster causes the adjustable strap to double back on itself, and lead back to the adjustment tab. You will notice that the Barrel Adjuster is itself tethered to the same nylon cord connected to the second elastic capturing loop. The Barrel Adjuster is designed to orient in a specific position so that you can with one finger tilt down on the top part of the Barrel Adjuster , while holding onto the adjustable strap above the adjustment tab and extend the adjustable strap to a longer position. You can shorten the adjustable strap by holding the strap below the Barrel Adjuster and pulling up on the adjustment tab. You might need to use a little force to tilt the Barrel Adjuster away from the strap as it is designed to lock down hard on the adjustment strap when in the lock position. Also, it might take a little force to pull the adjustment tab up or slide the Barrel Adjuster down. It is recommended that you keep the Barrel Adjuster tilted down and away from the adjustable strap with one hand, while you shorten or lengthen the adjustable strap with your other hand. If the Barrel Adjuster is not tilted down and away from the adjustable Strap, it might lock into place and you will not be able to pull up the Adjustment Tab or pull down the Barrel Adjuster at all. Also, when pulling up the Adjustment Tab, you might need to slide up the top capturing loop higher on the Adjustable Straps so that it does not prevent the Barrel adjuster from moving up the Adjustable Strap. Practice making the adjustable strap longer or shorter using this simple technique. Continue your tactile tour below the adjustment buckle and feel the single sturdy nylon strap extend down past the Barrel Adjuster. You will encounter a movable silicon stitch cover just above a split in the strap. Leave the movable silicon stitch cover where it is and continue feeling down to the padded straps which loop through the foam covered handle. The foam covered handle is connected to the single strap below the adjustment buckle with a loop of padded nylon webbing. There are no adjustments to the foam covered handle but note that the foam covered handle can spin in place. Note that reference might be made to the upper triangle during workout sessions or instructions. This is the triangle formed with the foam covered handle at the bottom, and two padded straps rising up to a connection point above the foam covered handle. Continue below the foam covered handle and you will encounter the Foot Cradle which is formed by two padded straps connected together by a Velcro closure mechanism. The Foot Cradle is the bottom of the TRX® HOME 2 strap and is adjustable. You can adjust the padded Foot Cradle to make a smaller or larger Foot Cradle by adjusting the Velcro fastening mechanism.

## ***Textual Information on Quick Start User Guide***.

* 1. Textual Information on Quick Start User Guide. The folded piece of paper inside the inner box contains some basic set up and use information which is duplicated here. Note that any metric values presented are approximate conversions of the imperial information presented in the official material.
		1. Welcome To TRX. We are excited to partner with you on your fitness journey, and help you achieve your goals. This guide will provide you with the info you need to get started today. If you have any questions, please contact us 1-888- 878-5348 or customerservice@trxtraining.com That is, in transcription speed, c, u, s, t, o, m, e, r, s, e, r, v, i, c, e, @, t, r, x, t, r, a, i, n, i, n, g, ., c, o, m.
		2. Adjusting your straps. Shorten: Grab one strap. Tilt the Adjuster towards you and use your thumb to unlock. Pull yellow adjustment tab up to shorten. Lengthen: Grab both straps and tilt the Adjusters towards you to unlock the straps. Pull down on both straps.
		3. Properly Anchor When properly anchored, the Equalizer Loop should be hanging at least 6 ft. (1.83 meters) off the ground and the bottom of the foot cradles should be approximately 3 inches (7.62 centimeters) from the ground when fully lengthened. Hang up your straps. Anchor Door Hinge. Hook the TRX Door Anchor over the door as close to the hinge side as possible. Close and latch the door, grab the handles and pull to ensure the door can support your body weight. Attach Suspension Anchor to Anchor Point. Wrap the Suspension Anchor around your anchor point as many times as Is necessary to ensure that the bottom hangs at about 6.5 ft. (1.98 meters) off the ground. When attaching to smooth bars or poles, wrap the Suspension Anchor around the support several times to prevent lateral sliding.
		4. Ground exercises. For ground exercises, adjust the TRX strap length so that the bottom of the foot cradles is at mid shin or mid-calf, about 6-8 inches (5.24 to 20.32 centimeters) off the ground. Heels in technique (image). Toes in Technique (image).
		5. For the VIP. The rest of the Ground Exercises portion of the quick reference guide presents images with labels all of which do little to inform persons with visual disabilities . The following is a narrative description of the images and labels presented. Foot in Techniques. When performing exercises which require you to put your feet in the Foot Cradles while facing up, use the heels in technique, and be sure the foot cradles are about 6 to 8 inches or 5.24 to 20.32 centimeters off the ground at the mid-calf / mid-shin level before starting. Note that you might have to place the heel of the foot carefully into the cradle so that the weight is on the heel, and not on any tendons, before starting the exercise movement. Also, wearing shoes or going barefoot can affect how you employ this face up, heels in technique. When performing exercises which require you to put your feet in the Foot Cradles while facing down, use the toes in technique, and be sure the foot cradles are about 6 to 8 inches or 5.24 to 20.32 centimeters off the ground at the mid-calf / mid-shin level before starting. When performing exercises in the face down, feet in position, you might find it challenging to put your toes into the foot cradles if you are face down. An alternative approach is to sit face up, put your left tow into the right cradle, cross your right foot over your left, put your right toe into the left cradle, then rotate your body to the right and neither your feet nor the straps will be tangled before you begin your exercise movement.
		6. Final Comment on Quick Reference Guide. The reverse side of the quick reference guide presents several images and a list of items which come with your TRX® HOME 2 System. The information is duplicative to other information presented in this VIP User Guide, so no further narrative description is provided here.

## ***Textual Information on the TRX® Training App Flyer***.

* 1. Textual Information on the TRX® Training App Flyer. The TRX® Training App flyer you found in the inner box contains textual information which is duplicated here.
		1. Front of Card. Thanks for joining the TRX family. Getting started is easy, just visit TRXstart.com and enter the code from your key to free.
		2. Back of card. The following textual information is presented on the back side of the TRX® App card. 1 YEAR FREE -TRX APP. One Year Free TRX® App? Start Today. Why the TRX App? World-class coaches, real-time feedback and customized training plans that help you achieve your fitness goals! While you work out, the TRX® App is at work, tracking your time, distance, speed, heart rate and calories burned. We process your biometric data then deliver your results with personalized programming. In-ear audio coaching reacts in real time with training tips, motivation and feedback. Wide variety of workouts including Yoga, Suspension Training, Running, Cycling, Functional Training, and more. Real voices of world-class coaches keep you going through each workout. Get
		3. For the VIP. The front part of the TRX® App card presents a sample of what the smaller than credit card size Key to Free sticker looks like, but there are no tactile impressions, raised lettering, embossed stickers, or other tactile feedback on the card. The Key to Free sticker sample is presented as an image in the bottom right corner of the front side of the TRX® App card. The sample card just presents X’s in an area where an actual code would be displayed. In the inside lid of the inner box of your TRX® HOME 2 System box, there is a partially cut out inset area which is easy to tactilely locate. Inside this inset is your Key to Free card which is glued to the lid in the inset area. The Key to Free card is not in braille so you will need to access the code on the card using an Optical Character Recognition (OCR) App, using remote video chat with a friend or family member using your smart mobile device, or ask a sighted friend to read the code to you. Once you have the code, you can separately download the TRX Training® App onto your smart mobile device using the normal procedures for locating and downloading Apps for your smart mobile device. Then, you can go to [www.trxstart.com](http://www.trxstart.com) (that is, in transcription speed, w, w, w, ., T, R, X, s, t, a, r, t, ., c, o, m), to register as a user. You will need to enter your email address and enter a password. Once you have set up your account, you can then go to the TRX® App you downloaded and open it. You will need to sign in using your newly created account information, and when asked to enter your access code, you then enter the code on your Key to Free card sticker glued to the inside lid of your inner TRX® HOME 2 System box. The process of registering might take a while for the servers to update so it might take a little while for your TRX® App to recognize your login credentials and function properly. Just a reminder that only 1 year of free use of the TRX® App is offered with your TRX® HOME 2 System. After the 1 year free period, you will have to pay a fee to continue using the TRX® App. If you choose not to continue with the TRX® App your access to historical workout data and the like may be limited or not possible.
		4. Final VIP Accessibility Comment about the TRX® App. This VIP User Guide does not present any detailed discussion of the TRX® App , due to the significant amount of information and content available in the TRX® App. Refer to the earlier part of this first Chapter addressing the TRX®App for a brief discussion addressing the TRX® App and how to gain access to web based resources pertaining to the TRX® App. You will find web links to general information about the TRX® App and a Frequently Asked Question resource about the TRX® App. At the time of the writing of this VIP User Guide for the TRX® HOME 2 System, it should be noted that the TRX® App is not designed optimally for Persons with visual disabilities. Please refer back to the earlier part of this first Chapter for a more detailed discussion of the accessibility challenges you might encounter as a person with visual disabilities using screen reading technology when using your TRX® App. Also, in that earlier part of this first Chapter, you will also find information on how to contact the customer service folks at Fitness Anywhere, LLC, the maker of TRX® products, to answer any questions you may have about using the TRX® App.

## ***TRX® Concierge Card***.

* 1. TRX® Concierge Card. The following textual information is presented on the TRX® Concierge card included with your TRX® HOME 2 System.
		1. TRX® Concierge. Call, email or chat with one of our T R X Concierge team for answers to any question you have about products, workouts, set up or use. Contact the TRX® Customer Service Team by calling in the United States 1-888- 878-5348, or by emailing customerservice@trxtraining.com, that is, in transcription speed, c, u, s, t, o, m, e, r, s, e, r, v, i, c, e, at t, r, x, t, r, a, i, n, i, n, g, dot C, ,o ,m.

# End of Chapter 1 of VIP User Guide for the TRX® HOME 2 Suspension Trainer System.

# Chapter 2, Anchoring TRX® straps

## What is in this Chapter 2.

In this chapter, we will learn about the many ways you can anchor your TRX® straps to an appropriate anchor point. We also provide a useful safety check list for you to consider before beginning any TRX® workout. The information comes from the materials contained within your TRX® HOME 2 box, presented on official TRX® website pages, presented in official TRX® videos, and other relevant unofficial sources.

## ***Basic Anchor Concept Explained***.

* 1. Basic Anchor Concept Explained. Your TRX® HOME 2 suspension trainer system allows you to work out using your own body weight, or some fraction thereof, as the means to exercise your muscles. Suspension Training® generally refers to the use of a set of TRX® Straps to engage in unique body weight oriented exercise movements. These body movements involve no external weights, and instead, use the user’s own weight, connected to the single overhead anchor point, via hands or feet, with some body connection to the ground for stability. When engaged in Suspension Training® while using your TRX® HOME 2 Suspension Trainer, the desired percentage of body weight is put onto the desired muscle groups based on where the user places their ground contact point, and specific body movements engage the desired muscle groups to constitute the specific exercise routine. We provide more on the topic of exercising with your TRX® Straps in Chapter 3. For now, we need to address how to properly hang, or anchor, your TRX® Straps before working out with them.

## ***Anchoring Your TRX® Straps***.

* 1. Anchoring Your TRX® Straps. In order to achieve the leverage angles needed to engage in suspension training, you need to hang your TRX® straps from a point which is between 6 and 9 feet, 1.83 to 2.74 meters, above the workout surface. Where you connect your TRX® HOME 2 straps are referred to as the anchor point. An appropriate anchor point is one which can safely hold your body weight without causing any damage to the anchor point or any connected structures. Appropriate anchor points can be the tops of doors, tree limbs, pull up bars, poles, stair structures, other exercise equipment, just about anything which is sturdy enough to hold your body weight, is sufficiently elevated off the workout surface, and lends itself to have one of the anchoring solutions connect or wrap around it. Your TRX® HOME 2 straps come with three anchoring solutions in the box. Other anchoring solutions can be achieved using additional TRX® accessories such as the TRX® XMount (pronounced ex Mount). Refer to the Part of Chapter 1 addressing additional TRX® products and accessories for additional information about TRX® products and accessories generally. You may also visit the following TRX Training( web page for information and product descriptions about a wide variety of anchoring solutions and related accessories: <https://store.trxtraining.com/shop/anchoring>. That is, in transcription speed: h, t, t, p, s, :, /, /, s, t, o, r, e, ., t, r, x, t, r, a, i, n, i, n, g, ., c, o, m, /, s, h, o, p, /, a, n, c, h, o, r, i, n, g.

## First Anchoring Solution: TRX® carabiner.

* 1. First Anchoring Solution: TRX® carabiner. Your TRX® HOME 2 straps come with a sturdy locking clip, or carabiner at the top of the straps. This carabiner could be secured to any appropriate anchor point directly if the anchor point is at the correct Hight and provides a secure apparatus to which to clip the carabiner. Do not forget that an appropriate anchor point is one which can safely hold your body weight without damaging the anchor point or any connected structures. Ultimately, you are responsible for selecting an appropriate anchor point for your TRX® HOME 2 straps, and it may be that there are no readily available appropriate anchor points in your workout area to which you can directly clip the TRX® HOME 2 carabiner. If not, use one of the other two included anchor systems. Also consider OTHER TRX® ANCHORING ACCESSORIES which can be bolted securely to a wall, ceiling, or other appropriate structure to which you can directly clip your TRX® HOME 2 carabiner.

## ***Second anchoring Solution: Door Anchor***.

* 1. Second anchoring Solution: Door Anchor. Your TRX® HOME 2 Straps come with a door anchor which will feel like a small velvet rectangular pillow, with a hard foam covered plate under the velvet cover, which could fit into the palm of your hand, connected to a sturdy nylon web strap, about 12 inches 30 centimeters long, with a loop at the non-pillow end of the strap. You may also notice a movable silicon cover around the stitching on the loop end of the door pillow which helps to protect the stitching around the loop. Leave the movable silicon cover where it is as there is no need to move it. The TRX® Door Anchor has a weight limit of 350 pounds, or 159 kilograms. Given that the TRX® HOME 2 carabiner is safety tested to 700 pounds, or 317 kilograms, care should be taken to ensure that when using the TRX® Door Anchor, excess weight is not placed on the TRX® Door Anchor or the appropriate anchor point on the door. Essentially, any sturdy door which closes into a door frame could be used as an appropriate anchor point. You just flop the pillow portion offer the top of the door with the connected strap hanging over the top of the door, as close to the hinge side of the door as possible, and close the door with the pillow on the opposite side of the door, with the strap connected to the pillow extending over the top of the door facing you. Ideally, you would be on the side of the door which would close coming towards you, as the TRX® Door Anchor would be held in place by the top of the door and the door frame, with any lateral pressure pushing the door into the door frame. If you need to use the TRX® Door Anchor on the side of the door with the door closing away from you, you should make sure that the placement of the TRX® Door Anchor is as close to the hinge side of the top of the door as possible for a more secure anchor point. Once the TRX® Door Anchor is in place, you can connect your TRX® HOME 2 carabiner to the loop end of the TRX® Door Anchor strap and test the set up to make sure that how you have set things up, your TRX® HOME 2 straps can hold your body weight before you begin your workout, making sure that you protect any wood or other material surfaces which might come into contact with your TRX® HOME 2 straps during your workout routine. Also, you should be aware of the effect the TRX® Door Anchor and straps are having on the door being used as the anchor point to ensure the anchor point remains stable throughout the entire workout. The sturdier the door used as the anchor point, the more stable the TRX® HOME 2 straps will be while you use them. Thus, glass French style doors, sliding doors, utility closet doors, and the like, especially doors with week hinges, could create unstable anchor points and should not be used.

## ***Third Anchoring Solution: Suspension Anchor***.

* 1. Third Anchoring Solution: Suspension Anchor. Your TRX® HOME 2 Suspension Trainer System comes with a sturdy web nylon Suspension Anchor about 36 inches / 91.5 centimeters long with a spring-loaded locking carabiner on one end, , and a loop at the other end. You may also notice a nonmovable patch of silicon covering the stitching by the loop. Do not attempt to remove the silicon stitching cover patch. This Suspension Anchor can be used anywhere there is an appropriate anchor point around which you can wrap your Suspension anchor. The Suspension Anchor enables a full range of motion, just wrap it around an overhead appropriate anchor point and you will be ready to clip you’re TRX® HOME 2 strap carabiner to the bottom loop to start training. The Suspension anchor can be adjusted to accommodate appropriate anchor point heights of 7 to 9 feet, or 2.13 to 2.73 meters. It is recommended that you wrap your suspension anchor several time around the appropriate anchor point to minimize the risk of any lateral movement of the suspension anchor on the appropriate anchor point. If the only appropriate anchor point is higher than 9 feet or 2.73 meters or is of a diameter / circumference larger than can be accommodated by using the single Suspension Anchor which comes with your TRX® HOME 2 System, then, you might explore the option of purchasing an optional accessory called the TRX® Xtender (pronounced extender). See THE PRIOR DISCUSSION ABOUT POSSIBLE TRX® ANCHORING SOLUTIONS AND ACCESSORIES YOU CAN PURCHASE SEPARATELY WITH YOUR TRX® home 2 System. The TRX® Xtender just increases the length of the suspension Anchor to wrap around an appropriate anchor point. Once you believe you have set up your Suspension Anchor to an appropriate anchor point, be sure to safety check your set up by making sure it can hold your body weight before beginning your workout. Ultimately, you are responsible for identifying an appropriate anchor point and for appropriately connecting the Suspension Anchor to such anchor point to ensure a safe workout experience for you.

## ***Anchoring Safety Tips***.

* 1. Anchoring Safety Tips. As noted above, you should always perform a safety check with your TRX® HOME 2 straps to make sure the anchor point you have selected is appropriate, and the anchoring solution you have chosen to connect to the appropriate anchor point is secure enough to hold your body weight, and will not damage the anchor point, or any connected structures. Also, think through your expected workout routine to ensure proper clearance around the workout area for your anticipated body movements.

## ***General Safety Checklist***.

* 1. General Safety Checklist. To make sure you get the most out of every workout, you should review these general safety guidelines before beginning any workout with your TRX® HOME 2 Suspension Trainer System.
		1. Inspect your TRX® straps. You should examine your TRX® straps by feeling them, and if necessary obtaining the assistance of a sighted person to visually inspect them, for any of the following before use: loose stitching, tears or cuts in any of the straps, malfunctioning or mis threaded components, twists or knots in any of the straps, or anything else which might cause your TRX® Straps not to perform as designed. . You should not use your TRX® straps if you encounter any of the items above without correcting. Also, you should replace any worn or malfunctioning parts of your TRX® straps before use.
		2. Clip to Correct Anchor Point. When using the Suspension Anchor, always clip the carabiner connected to your TRX® straps to the end loop of the Suspension Anchor, and not to any other intermediary loop. Clipping to an incorrect location on the Suspension Anchor can weaken or damage the stitching on the Suspension Anchor.

Avoid Sharp Edges. Do not connect the Door Anchor or Suspension Anchor to an anchor point with sharp edges which can cut, tear or fray the nylon straps when under load Sharp edges of steel beams, hinges, and the like can cut the nylon straps of your TRX® System.

* + 1. Test Anchor. After setting up your TRX® Straps, always make sure your anchor point can support your body weight before beginning your exercise. Pull hard on your TRX® straps to confirm this before starting your workout.

Flat, Secure Workout Surface You should make sure that your workout surface area is flat and secure before starting your workout. Slippery workout surfaces can increase risk of injury during your workout.

Clear your Workout As persons with visual disabilities , you should inspect the workout area before starting a workout to clear away any hazards. Anticipating the area, you will need to perform your workout will help you avoid obstacles you may otherwise encounter during the workout.

* + 1. Do not Pull Straps in Sawing motion. Never pull unevenly on your TRX® straps or pull them in a back and forth sawing motion. This action can damage the Equalizing Loop, also known as the Stabilizing loop. As appropriate, have a sighted friend, or video chat with someone, and have them check to make sure the yellow inner core of the nylon strap is not showing through at the Equalizing Loop.
		2. Store in Safe Place. Always store your TRX® straps in a safe place, not exposed to direct sunlight, or extreme hot or cold temperatures, all of which can damage your TRX® straps.
		3. Keep clean and Dry. You should wipe off your TRX® Straps after use, as necessary, to remove any excess moisture from your TRX® straps and you should let your TRX® Straps dry before returning them to the mesh bag. This procedure, as needed, will help minimize the risk of your TRX® Straps becoming soiled or unhygienic over time.

## ***TRX® Concierge***.

* 1. TRX® Concierge. Call, email or chat with one of the T R X Concierge team for answers to any question you have about anchoring your TRX® Straps, products, workouts, set up or use. Contact the TRX® Customer Service Team by calling in the United States 1-888- 878-5348, or by emailing customerservice@trxtraining.com, that is, in transcription speed, c, u, s, t, o, m, e, r, s, e, r, v, i, c, e, at t, r, x, t, r, a, i, n, i, n, g, dot C, ,o ,m.

# End of Chapter 2 of VIP User Guide for TRX® HOME 2 Suspension Trainer System.

# Chapter 3: Exercising with TRX® Straps.

## What is in this Chapter 3.

In this chapter, we discuss the basic concepts of exercising with your TRX® HOME 2 Suspension trainer System. Sighted users benefit from brochures and posters which depict individuals engaged in exercise movements, and video content with individuals demonstrating exercises, but these image focused instructional aides do little for persons with visual disabilities , unless the characters audibly describe what they are doing, how they are doing it, what they are touching when they do it, where their feet are while they are doing it, and what position their body is in while they are doing it. This VIP user guide will focus on narrative descriptions so that you may not only obtain an understanding of the building blocks to build a solid exercise foundation using your TRX® HOME 2 System, but also to point you in the correct direction to set you up for success with all of your fitness goals using your TRX® HOME 2 System.

We will start with a short discussion of what Suspension Training® is. Next we will provide a narrative description of 10 possible starting orientations when working out with your TRX® System, recognizing that the versatility of the TRX® HOME 2 System allows for a near infinite number of starting orientations and ways to exercise. We will then discuss the 7 fundamental exercise moves highlighted on your TRX® HOME 2 System box, on the TRX Training® website, and by TRX Training® personnel on the TRX Training® website. These 7 fundamental movements will give you a framework within which to understand the many different workout routines possible with your TRX® Straps. Your goals should include using your imagination to mix and match all of these concepts with all of these basic exercise movements, so that you can create your own workout routines to satisfy your fitness needs. Alternatively, you can follow along with TRX® certified trainers in official TRX® training videos available from the TRX Training website, or the TRX® App. You can also use these basic concepts when working out with your personal trainer as they guide you through a TRX® exercise routine using these fundamental concepts and exercise movements, as you wish.

## ***What is Suspension Training®.***

* 1. What is Suspension Training®. Your TRX® HOME 2 suspension trainer system allows you to work out using your own body weight, or some fraction thereof, as the means to exercise your muscles. Suspension Training® generally refers to the use of a set of TRX® Straps to engage in unique body weight oriented exercise movements. These body movements involve no external weights, and instead, use the user’s own weight, connected to the single overhead anchor point, via hands or feet, with some body connection to the ground for stability. When engaged in Suspension Training® while using your TRX® HOME 2 Suspension Trainer straps, the desired percentage of body weight is put onto the desired muscle groups based on where the user places their ground contact point, and specific body movements engage the desired muscle groups to constitute the specific exercise routine desired. Despite the flexibility of the TRX Training® concept, there are hundreds of different exercise movements possible with your TRX® Straps, and your imagination may be the only limit to what fitness goals you can achieve with them.

## ***Tips, Tricks, Dos and Don’ts When Using your TRX® Straps.***

* 1. **Balance**. One of the real benefits of Suspension Traininer® is the opportunity to practice one’s balance, exercising the small muscles which keep one upright and centered. These balance exercise opportunities exist when doing any one legged exercise specifically, but come into play with all TRX® exercise movements to some extent. How close one puts their feet together when engaging in exercise movements can effect one’s balance, as well as how one positions their center of gravity over their support points. Usually, the closer one’s feet are together, the harder it is to balance and the more meaningful the balance workout aspects of the exercise will be. It is a good idea when practicing balance moves or engaging in one legged exercises to have a support mechanism close at had to assist with stabilization. A chair, a post, a fence, a tree truck, just about anything which is stable and safely located within one’s workout space could act as a stabilization tool, but one must be careful not to place objects within their workout space which may present a trip or other hazard for the user, expecialy those with visual disabilities.
	2. **Strap Tension**. As a general matter, whenever one engages in Suspension Training® exercises, the TRX® straps should have some tension on them. That is, the TRX® straps should never be slack, or loose. Keeping the TRX® straps tensioned will assist with stability, orientation and effectiveness of each exercise movement.
	3. Things to avoid, and they all start with the letter S.
		1. No sawing. Sawing is the push, pull movement one can create with their TRX® straps if one pulls unevenly on the straps. Sawing motion can damage the stabilization strap at the top of the straps and should be avoided. In almost all instances, one should have even tension on both straps at the same time.
		2. No scraping. Scraping occurs when the tRX® straps are too close to some body part and the TRX® straps scrape the user’s body when an exercise is attempted. Scraping can cause injury and should be avoided. An example of an exercise during which scraping might occur unless the hands on the hand holds are properly positioned is the TRX Chest Press.
		3. No No Slack. As noted above, there should be no slack in one’s TRX® straps when engaging in exercise movements. The TRX® Straps should always be under some tension.
		4. No Slamming There is never a reason to slam one’s body weight against their TRX® straps. Suspension Training exercises should be attempted under control, with steady, careful movement so that only the targeted muscles experience the weight load. Slamming one’s weight against their TRX® straps can result in injury to oneself, and damage to the anchor point, tRX® straps or both.
		5. No Slipping. Be sure to utilize a workout space with good friction footing and always wear appropriate footwear so that one does not slip when engaged in Suspension Training® with their TRX® straps. Often, slipping might occur when one engages in more advanced versions of exercise movements and higher vector angles are attempted when exerciseing.
		6. No Sagging, No Slumping, No Slouching. When engaged in Suspension Training®, be sure to assume the proper posture during each exercise attempted. Often, a nice straight plank posture is the preferred posture for the exercise with the body making a straight line from the head, to shoulders, to waist, to hips, to knees, to anckles. Sagging hips or slumping shoulders can result in improper posture and injury.

## ***Starting Orientations***.

* 1. Starting Orientations. Unique to this VIP User Guide is this discussion about how you orient yourself in relation to your TRX® Straps prior to starting any exercise movement. This discussion should assist you in feeling more comfortable as you begin your fitness journey with your TRX® Straps. We will now review 10 possible starting orientations for exercises you can accomplish with your TRX® Straps, and then review the 7 basic exercise movements you can achieve with your TRX® Straps from these starting orientations. Note that the starting position for any given exercise movement is different that a starting orientation. The Starting orientation is merely a way of describing how you approach your TRX® Straps. Standing, on the ground, facing towards the straps, facing away from straps, and so on. A starting position, on the other hand, is the precise position your body will be in, connected to your TRX® Straps in a specific way, connected to the ground in a specific way, just before you begin your exercise movement.
		1. Basic Starting Orientations. When working out with your TRX® Straps, you will need to start each exercise in a particular orientation in relation to your TRX® Straps. That is, you need to know how to approach your TRX® Straps before beginning an exercise. Let us review 10 possible basic starting orientations when working out with your TRX® Straps. One: Standing facing the straps. Two: Standing with your right side to the straps. Three: Standing with your back to the straps. Four: Standing with your left side to the straps. Five: On the ground, laying or kneeling, face down and feet toward the straps. Six: On the ground, laying on right side, and feet toward the straps. Seven: On the ground, laying on left side, and feet toward the straps. Eight: On the ground, laying face up, feet toward the straps. Nine: On the ground, lying face down, head towards the straps, feet away from straps. Ten: On the ground, laying face up, head towards the straps, feet away from the straps. This is not to say that you are limited to these 10 starting orientations. On the contrary, you may find that based on how you have your TRX® straps anchored, you might start in dozens of different orientations , with special angles, given your goals for a specific workout session. For purposes of this VIP User Guide introductory discussion, however, we will limit the narrative to these 10 possible starting orientations.

## ***Starting Positions***.

* 1. Starting Positions. The starting position for any given exercise is related to the starting orientations noted above but require you to engage with your TRX® Straps and put yourself into a position to actually begin the exercise. Starting position descriptions will involve a discussion of approaching your TRX® Straps from a specific starting orientation, using your hands to hold your TRX® Straps in a particular way, or connecting to your TRX® Straps with your feet in a particular way, and then positioning your body to create the desired load on your targeted muscles so that you may begin whatever exercise you desire. As noted earlier in this VIP User Guide, no attempt is made here to discuss anatomy, physiology, or kinesiology principles. Rather, just basic concepts are presented so that you can develop a grasp of what is possible with your TRX® Straps. Thus, specific starting positions are all relative to the exercise movement you wish to accomplish. You should become familiar with your desired exercise movements and the specific starting orientations and starting positions for each. By doing so, you will gain the experience needed to properly transition from one exercise movement to another with, if desired, little down time. So, pay attention to the discussion below of the 7 basic exercise movements and the specific comments for VIPs and you will hear a description of the starting positions for each of the 7 basic exercise movements discussed. Are there additional possible exercise movements with your TRX® Straps? Sure. As noted earlier in this VIP User Guide, there is tremendous flexibility built into your TRX® Straps and how you use them to achieve your fitness goals is limited only by your imagination. With any exercise movement you individually develop for yourself, or your trainer may develop for you, there will be a specific starting position for that specific exercise movement. All to say that there is no way to list all possible starting positions in this VIP User Guide. After you begin to develop a repertoire of exercise routines, you should with practice be able to quickly orient yourself to your anchored TRX® Straps and begin your workout.

## ***Note About Your health and Fitness***.

* 1. Note About Your health and Fitness. At this point in this VIP User Guide, on the cusp of describing specific exercise movements possible with your TRX® Straps that the author is compelled to state that your health, your fitness level, your abilities, your constraints, your body is something only you can assess in terms of engaging with your TRX® Straps. What exercise movements to attempt, how hard to attempt them, how long you should exercise—these are all questions only you can answer for yourself. Nothing in this VIP User Guide should be interpreted or construed to the contrary. No attempt is made to provide narrative about adaptive techniques to accommodate any physical constraints you might experience at any time. Also, you are encouraged and urged to consult with your own medical doctor, other medical professionals, physical therapists, and the like (all referred to herein as Your Medical Professionals) to confirm that whatever exercise you wish to accomplish with your TRX® Straps will be consistent with what you should, and should not, be doing in terms of physical activity. Only you and Your Medical Professionals know what is appropriate for your individual situation. Only you and Your Medical Professionals can determine how best to integrate your TRX® Straps into your activity profile. It is your responsibility to consult with Your Medical Professionals to determine what exercises you could perform with your TRX® Straps, what exercises you cannot perform with your TRX® Straps, and if you can perform a specific exercise, at what intensity level, for how long, you should engage in such exercises with your TRX® Straps. Having said that, we can now begin a general discussion of the 7 major exercise movements highlighted by official TRX Training® materials.

## ***Basic Exercise Movements***.

* 1. Basic Exercise Movements. Based on the documentation which comes with your TRX® HOME 2 System and on information provided on the TRX Training® website, there are 7 basic exercise movements you can accomplish with your TRX® Straps. One, Push. Two, Pull. Three, Plank. Four, Rotate. Five, Hinge. Six, Lunge. Seven, Squat. We will go over each of these movements, but note that there are almost an infinite number of variations of each of these movements so you can individualize your TRX® workout as you see fit to address all of your fitness goals while taking into account any of your health or movement constraint issues. Also note that a given exercise may use one or more of these movements as part of the same exercise, so you can expect to mix, match, combine, or isolate any of these movements to achieve your fitness objectives with any workout routine. Please refer to the **VIP User Guide – Inventory of TRX Exercise Moves** for a much more comprehensive review of possible exercise movements you can attempt. In the next 7 sections, we dive into each of these seven movements and provide some narrative illustrations of the exercises using each movement as suggested in the materials which came with your TRX® HOME 2 System. We will also name a few of the more well-known exercises involving each basic exercise movement. You can measure your workouts in time segments, repetitions, or a combination of both. You are limited only by your imagination when it comes to creating appropriate workouts with your TRX® straps. Also, when you tap into the hundreds of pre-designed TRX® workouts which can be found on the TRX Training® website, TRX® App, in YouTube videos, or in classes at fitness centers, you can use the basic information within this VIP User Guide to jump start the pre-designed workout with less down time as you learn what movement is next in the routine.

## ***Push Exercise Movement***

* 1. Push Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , push, exercise movement.
		1. **TRX CHEST PRESS**. Adjustment: Stand facing away from the anchor point.  Hold the handles of the Suspension Trainer out in front of you.  Movement: Brace your core and lean your weight into the handles, making sure your hips, shoulders, knees and ankles are all in line.
		2. **For the VIP. Here is a narrative description of this exercise movement with an emphasis on providing narrative for persons with visual disabilities person.** This exercise is basically a standing Push out and works the chest, arms and core. Starting Orientation is standing facing away from your TRX® Straps. Hold the foam covered handles, one in each hand, with palms facing each other or down. Hands at either side of chest, but positioned so straps are outside of arms, straps not touching body or arms. Starting position is with your arms extended out straight in front of you, arms perpendicular to your body, hands on foam covered handles, making sure your hips, shoulders, knees and ankles are all in line, with your feet in a position to create the desired load on your targeted muscles. The actual exercise movement is to bend your elbows and slowly compress your body into your hands, and then push away from your hands, keeping them stable and stationary, until your arms are straight again, preventing the straps from touching your arms or body. This exercise movement can be repeated for a certain number of repetitions or for a fixed period of time. Also, slight variations in this exercise movement can be achieved in terms of orientation of hands and orientation of elbows, during the exercise movement. To make the exercise more difficult, place your feet closer to the anchor point. To make the exercise movement easier, place your feet underneath you.
		3. Other Push Exercise movements. There are many possible workouts using this, push, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, push, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Pull Exercise Movement***.

* 1. Pull Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , pull, exercise movement.
		1. **TRX Low Row.** Adjustment Stand facing the anchor point. Lean back while holding yourself up with the Suspension Trainer®. Brace your core and focus establishing a strong plank with your shoulders pulled down and back. Movement: Maintaining your plank, use your back muscles to pull your chest up to your hands. Lower yourself down in one slow, controlled movement.
		2. **For the VIP. Here is a narrative description of this, pull, exercise movement with an emphasis on providing narrative for persons with visual disabilities person.** This exercise is basically a standing pull back, or row exercise movement, and works the back, arms and core. Starting Orientation is standing facing towards your TRX® Straps. Starting position is to Hold the foam covered handles, one in each hand, with palms facing each other, or palms facing up. Or palms facing down. Arms extended straight out in front of you, towards your TRX® Straps, and perpendicular to your body, with your feet in a position to create the desired load on your targeted muscles, in a more or less leaning back posture. The actual exercise movement is to pull yourself up to your hands, bending your elbows in a manner appropriate for how you orient your hands, focusing on using your back, arm and core muscles, and then slowly let yourself back down to the starting position. This exercise movement can be repeated for a certain number of repetitions or for a fixed period of time. Also, slight variations in this exercise movement can be achieved in terms of orientation of hands and orientation of elbows, during the exercise movement. To make the exercise more difficult, place your feet closer to the anchor point. To make the exercise movement easier, place your feet underneath you.
		3. Other Pull Exercise movements. There are many possible workouts using this, pull, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, pull, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Plank Exercise Movement***.

* 1. Plank Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , plank, exercise movement.
		1. Adjust your TRX® Straps to mid-calf. Plank up into a pushup position keeping your hands directly under your shoulders. Brace your core and make sure your ears, shoulders, hips, knees and ankles are all in line. Lower your knees to the ground.
		2. **For the VIP. Here is a narrative description of this, plank, exercise movement with an emphasis on providing narrative for persons with visual disabilities person.** This exercise basically involves getting into an arm push up position, while on the ground facing down. The exercise movement involves no movement at all, but your effort to remain stationary in the plank position, activating your core and arms, as you stabilize yourself in the plank position. Starting Orientation is on the ground, face down, feet towards your TRX® Straps, head away from your TRX® Straps. Starting position is with your toes in foot cradles (note the toe in technique described earlier for ease of placing your toes in the foot cradles), hands on the ground shoulder width apart under your shoulders, arms straight out in front of you holding your body up, making sure your ears, shoulders, hips, knees and ankles are all in line. There are many variations of this, plank, exercise movement. You can hold yourself up on your forearms and elbows, instead of your hands to make it easier. You can drop to your knees with your toes in the foot cradles to make it easier. You can try one handed planks to make this exercise movement more difficult. This exercise movement involves remaining stationary in the plank position as you brace with your core to stabilize your position over time. You can engage the Plank position for some time interval to achieve the benefit of the exercise. The longer you hold the position, the more difficult it is to hold the plank position, and the greater the exercise workout is as you use your core to stabilize your position.
		3. Other plank Exercise movements. There are many possible workouts using this, plank, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, plank, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Rotate Exercise Movement***.

* 1. Rotate Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , rotate, exercise movement. Unlike many TRX® exercise movements, the illustrative movement falls into the body stretch category.
		1. **TRX® Half Kneeling Hip Flexor Stretch.** Adjust your straps to mid-length. Place arms in a "T" position, body in half kneeling. Maintain lengthened spine, shift the hips forward, rotate torso away from rear leg, arm by rear leg overhead, side bend away. Shift hips back to return hip to neutral, arms down.
		2. **For the VIP. Here is a narrative description of this, rotate, exercise movement with an emphasis on providing narrative for persons with visual disabilities person. Starting orientation for this movement is to stand** with your back to your TRX® Straps. Starting position is to kneel down on one knee, with your kneeling leg trailing behind you and pointing towards your TRX® Straps, other leg with knee point away from straps and foot flat on ground, hold your TRX® Straps by the foam covered handles, one in each hand, making sure your TRX® Straps are not crossed, extending your arms straight out to the sides at shoulder height, to form a T with your arms at the cross bar and your body as the truck of the T, with your TRX® Straps in a mid-length position to allow for arm movement. Start the exercise movement by keeping your body straight with lengthened spine, shift the hips forward, rotate torso away from rear leg which is the kneeling leg. Keeping arms straight continue the rotation until the hand on the arm opposite the kneeling leg is close to and above the leg extending behind you on the ground, with the other arm now over your head and straight, bend slightly at the waist resulting in a side bend away from the kneeling leg. Finish by rotating straight arms back to T position, shifting hips back to neutral. Since this is a stretch style exercise movement, you should smoothly execute the movement, always maintaining control of your balance, never stretching beyond your personal limits, and holding the stretched position for the desired length of time to achieve the results you desire. The complementary movement is to engage in the same exercise movement with opposite leg in the kneeling position.
		3. Other rotate Exercise movements. There are many possible workouts using this, rotate, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, rotate, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Hinge Exercise Movement***.

* 1. Hinge Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , hinge, exercise movement. Unlike many TRX® exercise movements, the illustrative movement falls into the body stretch category.
		1. **TRX Hip Hinge.** Adjust your straps to mid-length. Extend arms, pressing down on handles, knees bent. Bend forward from the hips, maintain a lengthened spine, extend the knees. Press on handles, extend at hips to upright position.
		2. **For the VIP. Here is a narrative description of this, hinge, exercise movement with an emphasis on providing narrative for persons with visual disabilities person. Starting orientation for this movement is to stand facing** your TRX® Straps. Starting position is to hold handles, one in each hand with TRX® Straps in mid-length position to allow for movement, arms straight and out in front of you, hands palms down, knees bent. Movement is to press down on handles, bend forward from the hips maintaining a lengthened spine, extend the knees, press on handles, extend at hips to upright position. Since this exercise can be considered a stretch style exercise movement, you should smoothly execute the movement, always maintaining control of your balance, never stretching beyond your personal limits, and holding the stretched position for the desired length of time to achieve the results you desire.
		3. Other Hinge Exercise movements. There are many possible workouts using this, hinge, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, hinge, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Lunge Exercise Movement***.

* 1. Lunge Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , lunge, exercise movement.
		1. **TRX® LUNGE.** Stand facing away from the Suspension Trainer.   With one leg through both of the foot cradles on the suspension trainer, ground yourself through your working leg and find your plank before you start moving. Push your hips down and back and lunge down until your front knee is bent to 90 degrees. Keep your core braced and your chest up the entire time, and let your arms match your stride pattern, mimicking the way your run. Drive through your front foot and use your glute and hamstring to bring you back up to the top. Pause for a moment to reset your plank before starting the next rep.
		2. **For the VIP. Here is a narrative description of this, lunge, exercise movement with an emphasis on providing narrative for persons with visual disabilities person. Starting orientation for this movement is to stand with your back to your** TRX® Straps. Adjust your TRX® Straps to the mid-calf position and lock the handles together by threading one handle through the upper triangle of the second strap, and then threading the handle of the second strap through the upper triangle of the first strap. To make sure you have locked the straps together, pull on the lower foot cradle to make sure that the handles are locked into place and will not allow the Adjustable Straps to slip against each other. Starting position is to put the tow of one foot into the lower cradle of the locked straps, standing on the other foot, facing away from your TRX® Straps, making sure to balance properly and to clear away any obstacles in your work out space in case you do lose your balance. Movement is to keep your back straight and perpendicular to the ground as you lower your body until the knee of the leg on which you are standing is at a 90 degree angle, then rise again until the leg on which you are standing is straight. The complement to this exercise movement is to switch legs and repeat. You can engage in this exercise movement for a certain number of repetitions, or a set period of time. Note that bracing with your core to stabilize and balance is a key to executing this exercise movement properly. Also note that this exercise movement could be challenging so only engage in this exercise movement to the extent of your abilities and be mindful that balance and fatigue for many can be inversely related. That is as muscle fatigue increases, balance can be more difficult to maintain.
		3. Other lunge Exercise movements. There are many possible workouts using this, lunge, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, lunge, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Squat Exercise Movement***

* 1. Squat Exercise Movement. The materials which came with your TRX® HOME 2 System and resources available on the TRX Training® website provide the following illustration of this basic , squat, exercise movement.
		1. **TRX® Squat.** Adjust your Suspension Trainer® to mid-length. Stack elbows under shoulders, feet hip width apart.  Lower hips down and back, weight in heels.  Drive through heels, squeeze glutes, lift chest.
		2. **For the VIP. Here is a narrative description of this, squat, exercise movement with an emphasis on providing narrative for persons with visual disabilities person. Starting orientation for this movement is to stand facing your** TRX® Straps. Adjust your TRX® Straps to the mid-length position. Starting position is to hold the handles, one in each hand, palms can be facing down, facing each other or facing up, with your elbows under shoulders, feet hip width apart.  Exercise movement is to lower yourself down by flexing your knees, but not allowing your knees to move forward, keeping a straight back, moving your hips down and back, with little weight in your hands, with your body weight in your heels, until your knees are at 90 degrees, then drive up through your heels, squeezing your glute muscles, and stand back up without thrusting your hips forward, all in a controlled, stable movement. You can make this squat exercise movement more difficult by adding a hop up in the air as you stand up from the squat. Avoid leaning back as you will only add weight to your hands and take weight off your legs and glutes as you drive up through your heels. The squat exercise movement can be made easier by not dropping down as far and by keeping weight directly over your feet. You can engage in this exercise movement for a certain number of repetitions, or a set period of time. Note that bracing with your core to stabilize and balance is key and avoid rolling your back as you squat to properly execute this exercise movement. Also note that this exercise movement could be challenging so only engage in this exercise movement to the extent of your abilities and be mindful that balance and fatigue for many can be inversely related. That is as muscle fatigue increases, balance can be more difficult to maintain.
		3. Other squat Exercise movements. There are many possible workouts using this, squat, exercise movements with your TRX® Straps. Consult with your training professional familiar with using TRX® Straps, official TRX® materials, and other sources to determine what other, squat, type, exercise movements might be useful for you while you exercise with your TRX® Straps. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Mixing and Matching Exercise Movements***.

* 1. Mixing and Matching Exercise Movements. Here are some final thoughts you may consider when Exercising with Your TRX® HOME System. There are literally hundreds of different exercise movement combinations you can mix and match to develop your own workout routine with your TRX® Straps. The TRX® App is a good source for predesigned workout routines developed by TRX® certified training specialists and you are encouraged to explore those options, especially because there are some audio only exercise routines you can access through the TRX® App which allow you to just listen along with the trainer‘s voice in your ear as you transition from one exercise movement to another. Be sure to go to the TRX Training® website to download a workout or two as well. The TRX Training® website has been noted several times in this VIP User Guide, and here it is again, www. trxtraining.com. That is, in transcription speed, w, w, w, ., , t, r, x, t, r, a, I, n, I, n, g, ., c, o, m. Also, there are hundreds, if not thousands, of unofficial training resources you can find on the internet involving TRX® Strap workouts, but note that their value to you as a person with visual disabilities might be minimal if they are image intensive and offer little in the way of narrative descriptions of the exercise movements highlighted. You might come across some text based training resources involving TRX® Straps, and those might be useful if the narrative description of the exercise movements is thorough enough. In this author’s opinion, however, most text based training resources on the internet rely heavily on images of characters depicting the exercise movement, so they are less valuable for persons with visual disabilities person. No matter what training resources you use, know that the information presented in this Chapter will serve you well because most of the useful exercise movements you will want to attempt with your TRX® Straps are based on the principles described above. Also consult the **VIP User Guide – Inventory of TRX Exercise Moves for useful exercise movements you may wish to attempt.**

## ***Narrative Descriptions of TRX® Exercises.***

* 1. Blind Workout Challenge VIP User Guide. The author of this VIP User Guide has also prepared a Blind Workout Challenge VIP User Guide which contains very detailed narrative descriptions of how to engage in 16 different TRX® exercises in beginning, intermediate and advanced modes. Adding such narrative description content in this VIP User Guide would increase its length considerably. If a VIP user would like to obtain an electronic copy of this Blind Workout Challenge VIP User Guide to learn more about the specifics of 16 different basic TRX® exercises in beginning, intermediate and advanced modes, please contact the author. The author’s contact information is provided at the very end of this VIP User Guide.

## End of Chapter 3 of VIP User Guide for TRX® HOME 2 Suspension Trainer System.

# End of VIP User Guide for the TRX® HOME 2 Suspension Trainer System. If you have any comments or suggestions to improve this VIP User Guide for the TRX® HOME 2 Suspension Trainer System, or if you would like electronic copies of other VIP User Guides this author has created specifically for persons with visual disabilities, you may send them to the author at wtr1977@yahoo.com.

Version 1.2 WTR October 1, 2021