



TRX

**MAKE YOUR  
BODY YOUR  
MACHINE.**

MY GYM = ANYWHERE

Today I grabbed my **TRX® Suspension Trainer™**, hung it on the nearest tree and worked out toes-deep in the warm Maui sand. Tonight, it'll be Mai Tais at sunset—guilt-free.



**With the TRX® Suspension Trainer, you can:**

- > Train at home, on the road, anywhere
- > Get flat abs and toned glutes, legs and arms
- > Increase strength and flexibility
- > Burn calories

Visit [TRXtraining.com/SHAPE](http://TRXtraining.com/SHAPE)  
and never miss another workout.