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## Fitness Trends of 2012



TRX Training

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## Why Is It Hot?

They say your biggest opponent is yourself, and in no workout is this better exemplified than through TRX Training ([trxtraining.com](http://trxtraining.com)). Created by former Navy SEAL Randy Hetrick, TRX became his solution to getting in workout sessions when there's limited access to gyms. Now people like Jennifer Lopez and Super Bowl MVP Drew Brees are using it to get fit. Using strong straps and your own body weight, each maneuver helps create tension and leverage to condition and strengthen your muscles through a variety of moves. It's a great way to break through your own blocks --

and break down any residual fruitcake.

**What's a Typical Workout Like?** A heart-pumping, strength-building good time. "The TRX can be used for a variety of exercises and stretches, however most exercises are progressions of basic moves such as push ups, rows, lunges and the like," says Radan Sturm, the Fitness Director of Complete Body in New York. "But the TRX system requires participants to use their mid section/core and a good degree of balance and coordination at the same time, increasing the overall difficulty of the workout and therefore providing faster results."

**Advice For Beginners?** Go for a full-body experience, but then taper down to strictly doing core work to supplement your regular workout. Why? Says Sturm, "It's most effective this way and the chances for injury are much smaller. Incorporating the TRX as part of a balanced workout to complete full body exercises is a far better choice, as your core will get a workout at the same time."

## Where You Can Find Them:

- [Complete Body and Spa \(New York, NY\)](#)
- [City Gym \(Kansas City, MO\)](#)
- [Attitude Fitness \(Roswell, GA\)](#)