


TRX Rip Training Chart– TRX004

<p>Description</p>	<p>◆ The Rip Training Poster will put you on the path to building core strength, explosive power, flexibility and endurance. This 2' by 3' poster includes 10 illustrated exercises for using this resistance cord training system and progressing through the levels for each exercises, and tutorials on how to use the TRX Rip Trainer for different exercises. This poster is constructed from spill-resistant, tear-proof material and comes with handy grommets for easy installation.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 2' x 3' 2. Material: spill-resistant, tear-proof, material and has handy grommets for easy installation.
<p>Image</p>	 <p>The image shows a TRX Rip Training poster with the following content:</p> <ul style="list-style-type: none"> TRX Rip Training: Develop core strength, explosive power, flexibility and endurance through these functional movement patterns with the TRX® Rip® Trainer. Get Started Now: RIP TRAINER ADJUSTMENT and PERFORM EACH EXERCISE AS FOLLOWS. RIP TRAINER ZONES: A diagram showing zones 1 through 5 on a horizontal bar. BODY POSITIONS: A diagram showing a person in a starting position for an exercise. 10 Exercises: Each exercise is illustrated with a person and includes a title, a brief description, and a list of instructions (e.g., "WRIST POSITION", "FOOT POSITION", "WRIST POSITION"). Footer: Vist TRXtraining.com, Fitness Level: All, and social media icons.