



TRX® BURN SYSTEM

TRX Burn System delivers fast, fun and effective workouts for all levels and all goals. Anywhere, anytime.

The TRX® Burn has been designed for those looking to advance their fitness journey so they can move better in life and sport. This revolutionary system will help you burn fat, build lean muscle and increase mobility. Take this portable gym with you anywhere to get moving and feeling better today!



PACKAGING

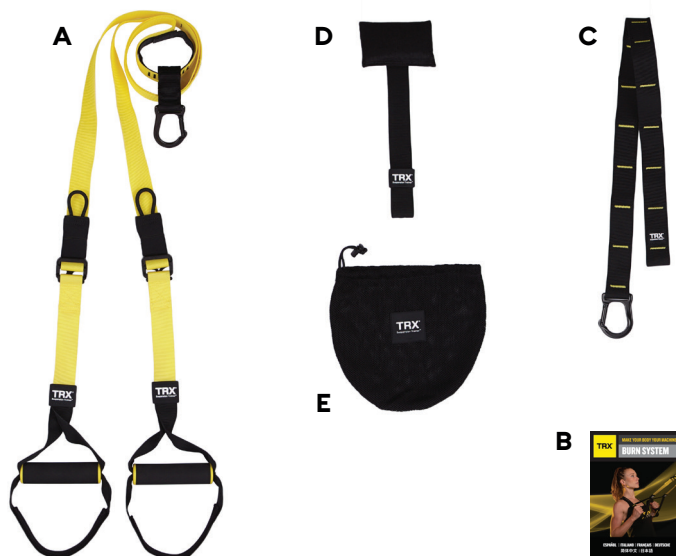
Translated in 7 languages!

English, German, French, Italian, Spanish, Japanese and Mandarin.

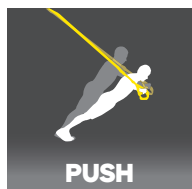


WHAT'S INCLUDED

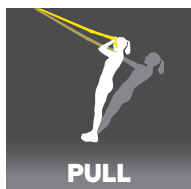
- A. TRX Burn Suspension Trainer™
- B. Workout poster in 7 languages
- C. Suspension Anchor
- D. Door Anchor
- E. Mesh Carry Bag



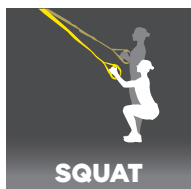
7 SIMPLE MOVEMENTS = THOUSANDS OF EXERCISES



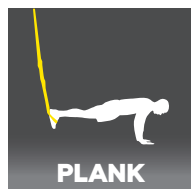
PUSH



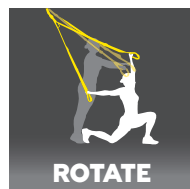
PULL



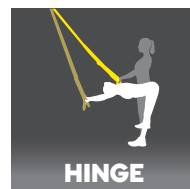
SQUAT



PLANK



ROTATE



HINGE



LUNGE

Looking to advance your fitness journey with TRX Suspension Training? By using TRX's 7 foundational movements – push, pull, plank, lunge, hinge, squat and rotate, you'll be sure to reach those goals in no time! It's time to transform yourself into your fitness best and to transform the way you look, feel and think!

**ONE PRODUCT.
COUNTLESS MOVEMENTS.
ENDLESS POSSIBILITIES.**

- Achieve any fitness goal with a variety of audio & video workouts from world-class coaches, using your Suspension Trainer, your own body weight and our personalized training app
- Choose from dozens of workouts specific to your goals and lifestyle and listen or view on-screen as we coach you every step of the way. You can even schedule workouts and track your progress over time
- Fitness poster with 2 full workouts, multiple exercises and translated in 7 languages
- Leverage your own bodyweight to increase and decrease the intensity of your workouts
- Scientifically validated and proven to activate more muscles, delivering more results in less time
- Fun, fast and effective workouts that can be done ANYWHERE
- Perfect for any age, any level, any goal

**DOOR
ANCHOR**



WORKOUT
INDOORS

**SUSPENSION
ANCHOR**



WORKOUT
OUTDOORS

**CARRY
BAG**



TRAVEL
WITH IT!

TRX® BURN SUSPENSION TRAINER™



CARABINER

Safety tested to hold more than 700 pounds

EQUALIZER LOOP

Makes for easy balance and adjustments

LOCKING LOOP

Prevents slipping

ADJUSTER PULL TABS

For easy up/down adjustments

ADJUSTERS

Easily adjust length of straps

SERIAL NUMBER

Lift badge to reveal

**DURABLE FOAM
HANDLES**

FOOT CRADLES

TRX
TRAINING
CLUB

Start your FREE TRIAL today
TRXSTART.COM

COME TRAIN WITH US

Live classes daily and unlimited on demand workouts.
Transform the way you move with hundreds of classes, including strength, cardio, and yoga, all led by expert TRX coaches.

