

**SYLLABUS**

**Certified Total body Resistance Exercise Specialist (CTRXS):**

**Brief Description:** TRX band can intensify body weight workouts without putting as much pressure on your joints as weights. This skill helps students to engage different muscle group of their clients by manipulating the different exercise forms and adjusting the amount of resistance in the band.

**Certifications:** MIHFM certification

**Minimum age:** 18 Years and above

**Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

**Duration of course:** Not less than 15 hrs

Course Fees	Rs 3000/- ( Three Thousand)
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**Job Role:** Sports coach, Gym trainer, Fitness Trainer, Fitness trainer role in all sports and game.

**Requirement/ Eligibility:** For admission in the course it is suggested/desired that the candidate should have passed 10thstandard/ Secondary School Certificate from a recognized board or equivalent, with two years of work experience.

**Affiliation:** SPFL-SC

Opportunities: Sporting club, Sports academy, Health club

**TRX SUSPENSION TRAINING SYLLABUS**

1) History: In 1997, TRX was invented by a US Navy SEAL using only a jiu-jitsu belt and parachute webbing.

2) DESCRIPTION: TRX is a form of suspension training that utilizes body weight as the resistance. TRX training can be used to improve strength, core stability, balance, and flexibility.

3) Instrument: This is accomplished with the help of heavy-duty adjustable straps attached to an anchor point to help hold your weight.

4) Biomechanics and Kinesiology of TRX: Muscles are attached to bones via tendons and the bones of the skeleton behave as levers which muscles pull on to create movement. In a second class lever system, the load is the middle component and lies between the fulcrum and the effort.

The majority of movements in the human body are classified as third-class lever systems.

5) Mechanism of TRX:

A) Mainly nine Types of TRX Exercises.

Plank,

Pull: rows and curls,

Push: triceps extension position,

; flying ,

Squat: plyo squat and pistol types,

Lunge: TRX is excellent equipment for helping the lunge pattern,

Hinge: hinge to press are excellent two types movement,

Hamstring: hip hinge and thrusts are excellent with trx,

Lateral Flexion: side bends type's exercises,

Core Flexion: sit-ups / crunches / jack knife (supine and pronated both position).

#### B) Holding Positions of the TRX :

Every exercise has exactly one position from which the exercise can be performed.

Standing Facing

Standing Facing Away from gripe

Ground Facing

Ground Facing Away from gripe

Standing Sideways

Ground Sideways

#### C) Adjustment of trx Lengths:

Performing the TRX exercises properly requires one to properly adjust the strap length.

They are - Over shortened:

Fully Shortened:

Mid Length:

Mid-Calf Length:

Fully Lengthened:

#### D) According to length TRX Suspension Trainer Techniques:

Shorten the TRX Suspension Trainer

Lengthen the TRX Suspension Trainer

Single Handle Mode

Heels In the handle

Toes In the handle

6) Contraindication of TRX movements: like other equipment TRX training also have few contradictions

Starting incorrectly,

The TRX is dynamically scalable,

The straps should never touch or scrape against your arms. ETC.

#### 7) Application and benefits of TRX exercise:

TRX workouts are for everyone,

TRX straps help you modify and progress workouts,

With the TRX, you're always working your core,

TRX training research shows there is less potential for injury compared,

Research shows a similar growth hormone response during and after workout,

Research proves greater testosterone to cortisol ratio,

You can hang your TRX over your door at home or at a hotel 8) Get more results in less time .TRX is not very costly also.

8) Glossary of TRX exercise (125 types exercises)

1) 15 TYPES OF PLANK:

TRX Planks  
Scapula stabilization  
Plank on Elbows  
Plank on Hands  
Plank Single Leg  
(Supine) Plank on elbows ETC.

2) 25 TYPES OF PULL (ROW AND CURL)

TRX Rows  
High Row  
Mid Row  
Mid Row (unstable surface)  
Mid Row (single leg) ETC.

3) 20 TYPES OF PUSHING EXERCISES (TRICEP EXTENSION POSITION)

Push up  
Push up (cross gap hand)  
Push up (hand gap variation)  
Jump push ups  
Walking push ups  
Push ups (single leg)  
TRX Presses ETC.

4) 12 TYPES OF FLY MOVEMENTS

Chest Fly  
Chest Fly one arm  
Chest Fly one leg  
Chest Fly to press  
Chest press to Fly ETC

4) 10 TYPES OF SQUATS

TRX Squat  
Squat  
Squat Jump  
Squat Jump (with rotation)  
Pistol Squat ETC.

5) 11 TYPES OF LUNGES

TRX Lunges  
TRX Split Squat  
Side Lunge  
TRX side Split Squat  
Step reverse Lunge ETC

6) 7 TYPES OF HINGING MOVEMENT

Pelvic raise  
One leg pelvic raise

**7) HAMSTRING EXERCISES**

TRX Hamstring Curls

Hip thrust to stand ETC.

**8) 6 TYPES OF LATERAL FLEXION (SIDE BEND TYPES)**

TRX Rotations

Torso Rotation

Resisted Rotation

**9) 16 TYPES OF CORE EXERCISES: SIT UPS, CRUNCHES ETC (SUPINE / PRONATED BOTH SIDE)**

Kneeling Oblique Rollout

Mountain Climber

Mountain Climber (both leg )

Mountain Climber (cross leg )

Jack knife ETC.