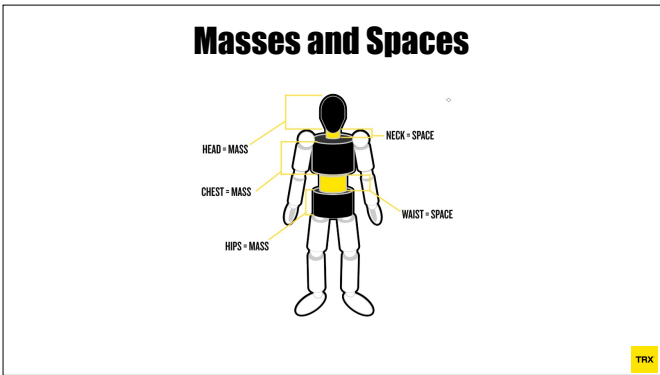




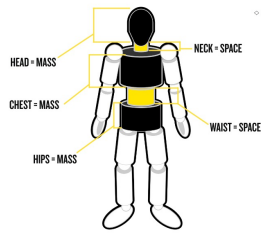
THE EVOLUTION OF SUSPENSION TRAINING

Shana Verstegen
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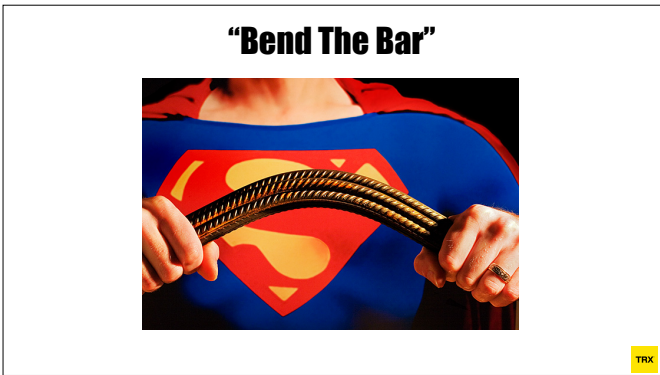
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Masses and Spaces



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"Bend The Bar"



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"Tear The Floor"



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"Juice the Oranges"



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"Elbow Pits Forward"



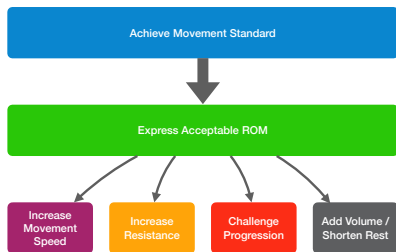
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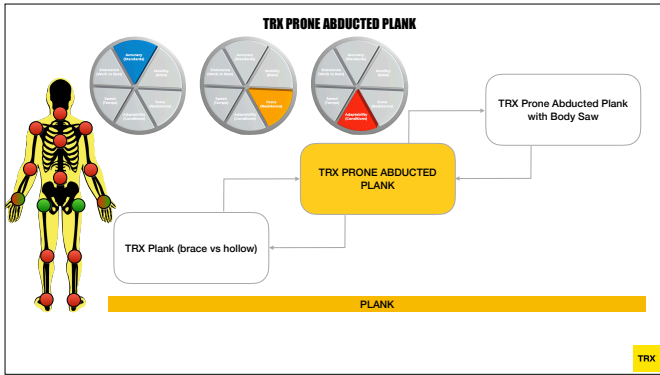
Critical Cueing



MOVEMENT MODIFICATION METHODOLOGY



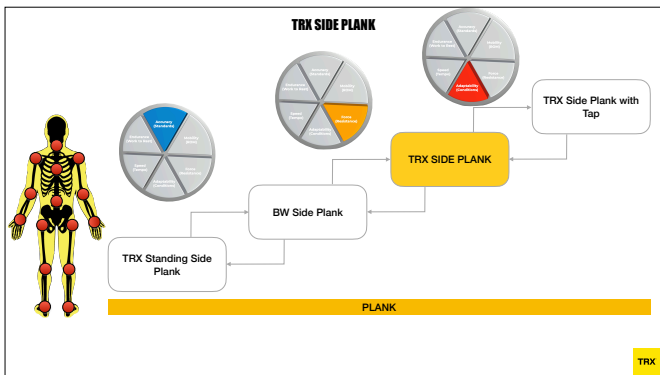


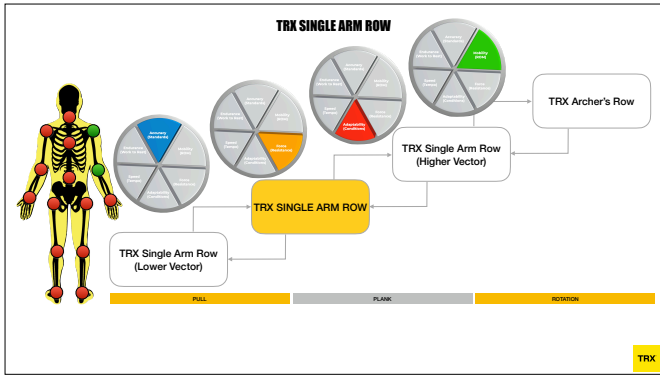


TRX PRONE ABDUCTED PLANK

| Body Check What "Right" looks like | Common Fault | Swing Thought (What "Right" feels like) |
|---|---|--|
| Are your ears in line with your shoulders or is your chin "jutting" out | Loss of neck space. Head position out of alignment with neck extended toward ground | Maintain your neck space Look 3 feet in front of your hands/elbows |
| Should feel rock solid on the way back. If you feel your pelvis "pop" toward the ground you've gone too far | Anterior tilt of pelvis during motion | Keep the water in the bucket Apples not applesauce High tension - "Punch in the stomach" on the way back |
| Is your body like a surfboard? | Elevated hips | Be as long as you can from head to heels |
| Active pressure into the ground. Do you feel like you are pushing the ground away from you. | Loss of control of shoulder girdle | Squish the oranges Tear the paper (hands) Elbow pits forward |

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TRX SINGLE ARM ROW

| Body Check <small>What "Right" looks like</small> | Common Fault | Swing Thought <small>(What "Right" feels like)</small> |
|---|---|--|
| Are your ears in line with your shoulders or is your chin pulled down or pushed forward? | Loss of neck space. Head position out of alignment with neck flexed | Maintain your neck space Look 3 feet in front of your hands/elbows Hold a tennis ball under your chin Focus on a point above the anchor point |
| Is your body planked? Is your core engaged? Do your hips stay in line with your heels and shoulders? | Breaking at the hips | Be as long as you can from head to heels Your body like a broomstick |
| Are your shoulders down and back? | Elevating shoulder | Squish the oranges Create "lat apples" Bend the bar |
| Are you squeezing down & back at the top of the movement? | Shoulder Roll/Forward Dump | Shoulders to the wall |
| Are your hips firmly connected with your torso? Does your body move as one? | Hips Lag During Movement | Apples not applesauce |
| Are you maintaining your body tension throughout the entire movement? | Loss of active plank | Punch in the stomach Apples not applesauce Chase your plank |
| Are you keeping your shoulders square to the anchor point? Are you resisting rotation at the bottom of the movement? | Allowing rotation at the bottom of the movement | Body like a surfboard |

TRX

