

TAG DUNDAS, BCRPA REGISTERED PERSONAL TRAINER, TRX MASTER TRAINER

SUSPENSION TRAINING - IT'S TIME TO MIX IT UP!



Suspension training is an amazing tool for fitness professionals to have in their toolbox. Whether you're using it to regress movements for a beginner client, or to add more challenge for your advanced clients, it's a must have. Here are two intermediate movements that you can easily incorporate into client's program or group fitness lesson plan.

FOR ALL SUSPENSION TRAINING EXERCISES YOU MUST "SET YOUR STANDARD"

ANCHOR YOUR SHOULDERS

shoulders back and down

HIDE YOUR BOTTOM RIBS

pull chest toward spine

ENGAGE ABDOMINAL RING

muscles around your torso

EVEN BELT LINE

neutral pelvis

CONTRACT YOUR QUADS

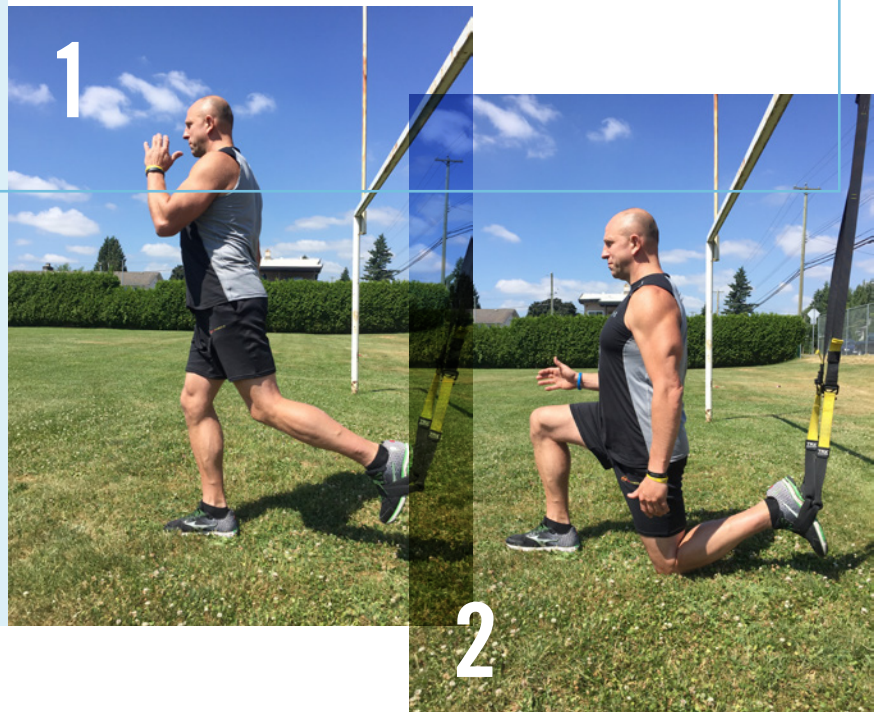
when you can

CONTRACT YOUR GLUTES

when you can

EXERCISE #1:

Single Leg Lunge - mid calf level - Stand facing away – one foot in both foot cradles- start with back knee on the ground underneath hip, hip in alignment with your anchor point. Ensure your shins and spine are vertical –root your foot into the ground- set your standard- stand straight up remaining as tall as possible- slowly return to start position just shy of your knee touching the ground.



HANDOUT COURTESY OF BCRPA

SUSPENSION TRAINING - IT'S TIME TO MIX IT UP! CONTINUED.

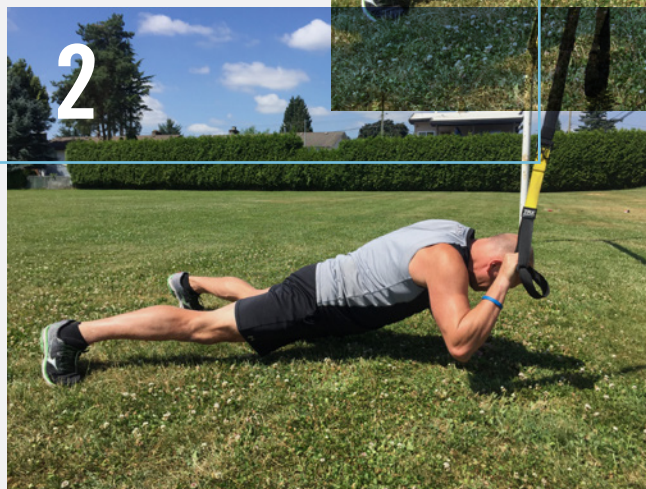
NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

EXERCISE #2:

Push up, tricep extension combo - TRX handle at knee height, knees on the ground, face away from the anchor. Put one hand in handle -fully extend arm with your other hand on the ground -set your standard -lower your body down to the ground The TRX arm is performing a tricep extension while the grounded arm is performing a push up.

NOTE:

For each of these exercises the TRX remains motionless. Your body does all the moving.



TAG DUNDAS is a Registered Personal Trainer, workshop presenter and the owner of TNT Fitness. He is the first Canadian to obtain TRX Master Trainer status and travels the world to learn from the best of the best. Tag is on a mission to educate fitness professionals on how to utilize suspension training in the safest and most effective ways possible, making it accessible for clients of all ages and ability levels. Want to master suspension training? Come to his sessions at BCFit'17 and be blown away!