

Program Overview

TRX® Performance™:

Team Sports

If you are serious about improving your performance, then get ready to sweat as elite strength, speed and conditioning coach, Todd Durkin, leads you through this demanding workout. This program includes a dynamic warm up; 16 TRX® Suspension Training® exercises to build power, endurance and core stability; and a stretching/cool down sequence. The workout takes 60 minutes to complete.

We also included an additional 20-minute bonus segment of Todd's best speed, agility and quickness (S.A.Q.) drills to improve every aspect of your physical performance.

Requirements

This program assumes you are active, healthy and have no injuries. For the dynamic warm up and S.A.Q. drills you will need about 20 yards of open space. Optional accessories for S.A.Q. drills include a medicine ball, a sled, an agility ladder and a set of 5 cones.

Program Instructions

For best results, complete this program 2-3 times

per week. Rest long enough between workouts so that your performance improves with each training session.

Start by setting each exercise's difficulty level so that you can complete each exercise set. Refer to the workout chart and DVD for more detailed instructions. Take as much rest as you need between sets. As your fitness improves strive to keep rest between sets to 45 seconds and between exercises to 30 seconds.

How to Progress

Once you can perform an exercise with proper form, for the allotted time or the specified number of reps, make that exercise more difficult by adopting a more challenging body position, and/or shortening the rest periods.

What's Next?

Visit www.fitnessanywhere.com for training tips, free workout features, online videos and to ask questions or exchange ideas in our TRX forums. Be sure to check out the other Suspension Training® programs available in our online store.