

# Woodall Training's TRX Straps for Swimmers Clinics



## ***Come to the TRX DEMO for Coaches, Saturday!***

### **What is Suspension Training?**

Suspension Training is a unique training modality that uses your ***own body weight and gravity as resistance*** and challenges you to a full-body, intense and efficient workout which engages the core in every exercise. The simplicity of the TRX allows you to transition fluidly from exercise to exercise and work ***endurance, strength, power, balance, coordination, core, and flexibility in one piece of equipment.***

### **Why is it Beneficial to Swimmers?**

***The body knows movements, not individual muscles.*** The TRX allows you to mimic sport-specific movements fluidly and freely without a cumbersome machine limiting range of motion. Athletes need to ***train entire movements***, not just one or two muscles at a time. The TRX integrates multiple muscle groups in each exercise, thereby ***reducing risk of injury*** from overuse and muscle isolation.

### **Is the TRX only appropriate for advanced athletes?**

No! ***Swimmers at ANY LEVEL*** can benefit from the TRX. The TRX is a tremendous teaching tool for coaches, and younger athletes can benefit from basic body positioning exercises on the TRX, while more mature athletes implement these concepts while training on the TRX. Since our own body weight and the forces of gravity create our resistance, the intensity of a workout is easily adjustable by changing the angle of the body relative to the TRX. Therefore, the TRX is extremely appropriate for all ages and abilities.

### **How can I learn more about the TRX for Straps for Swimmers Training?**

Kari Woodall is a former US National Team Swimmer & Div I NCAA Coach. She is a national instructor for Fitness Anywhere, INC, creators of the TRX. Through Woodall Training, she works with swimmers and coaches across the country on creating an edge through TRX training. Kari conducts swimming and TRX clinics all year and has introduced her swimming specific TRX training to several hundred athletes. To set up a clinic or purchase a TRX Straps for Swimmers book, visit [www.WoodallTraining.com](http://www.WoodallTraining.com) and find out how to make your club cutting edge!