

FITN 227.1 TRX® Suspension Training I

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An introductory group exercise class utilizing the TRX® Suspension Trainer. Muscular strength, balance, flexibility, and core stability are trained via leveraging gravity to complete bodyweight exercises in three of the six TRX® foundational movement categories. Topics include proper set-up, safe practices, philosophy of suspension training, and proper exercise technique. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area 7A

Transfer Credit: CSU, UC

