

FITN 227.2 TRX® Suspension Training II

FITN 227.2 TRX® SUSPENSION TRAINING II

Continuation of FITN 227.1. Includes a review of proper set-up, safe practices, philosophy of suspension training, and proper exercise technique. The remaining three TRX® foundational movement categories are introduced. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: FITN 227.1

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

