FITN 227.3 TRX® Suspension Training III

FITN 227.3 TRX® SUSPENSION TRAINING III
Continuation of FITN 227.2. Includes a review of proper set-up, safe practices, philosophy of suspension training, and proper exercise technique. The TRX® Rip Trainer is introduced as a supplemental tool to incorporate rotational training. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1
Hours/semester: 48-54 Lab
Prerequisites: FITN 227.2
AA/AS Degree Requirements: Area E2; Physical Education
Transfer Credit: CSU (CSU GE Area E2), UC*