

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 7A

Transfer Credit: CSU, UC

