FITN 227.4 TRX® Suspension Training IV

FITN 227.4 TRX® SUSPENSION TRAINING IV
Continuation of FITN 227.3. Includes a review of proper set-up, safe practices, and proper exercise technique for the TRX® Suspension Trainer and Rip Trainer. The Functional TRX model introduces add-on modalities in the form of smash balls, heavy ropes, kettlebells, and sandbags. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1
Hours/semester: 48-54 Lab
Prerequisites: FITN 227.3
AA/AS Degree Requirements: Area E2; Physical Education
Transfer Credit: CSU (CSU GE Area E2), UC*