

TRX®

Suspension Training®

Make your body your machine®



Ace Your Workout

With the Go-Anywhere FitDeck TRX

We heard you when you told us you like to **have fun** when you workout AND be free to **exercise anytime, anywhere**. So we worked with the **leader in exercise cards** to develop a fun, new workout tool: the **FitDeck TRX**.



Compact and portable, this set of TRX exercise **playing cards** fits in your pocket or gym bag for on-the-go workouts, even outside. Invented by a fellow SEAL, FitDeck illustrates and explains **26 TRX exercises** so you can create up to **100 different combos**, master new moves, and rev up your workout!

Are you ready to play?

[Shop Now »](#)

The Verdict Is In Customers Rate Their Top TRX Products



We love the TRX, and we're not alone. Men's Health named the TRX Suspension Trainer "Best Total-Body Tool" for 2009. Now, our customers have rated their favorite fitness products. Check out the results-and don't miss out the free shipping on customers' top pick: the TRX FORCE Kit!

★★★★★ **OMG**

"I just got my TRX Force Kit and WOW, WOW, WOW!! This is the best thing since sliced bread."

- Julian from CA

**Order Today and
Get FREE Ground Shipping***

Shop Now



Train Like the Pros
\$34.95 ★★★★★

Shop Now



TRX Door Anchor
\$24.95 ★★★★★

Shop Now



TRX Home Bundle
\$169.95 ★★★★★

Shop Now



TRX Flexibility
\$34.95 ★★★★★

Shop Now

Spring Training

Take the Spring Fever Challenge
Win a TRX Gear Kit



Think you have what it takes to beat Fraser?
Join our Spring Fever Challenge and enter for
a chance to win a TRX Gear Kit!

[Join the Challenge »](#)

Hit a Home Run

TRX Spring Training moves performed
by AP

Fitness Anywhere
has partnered with
Athletes'

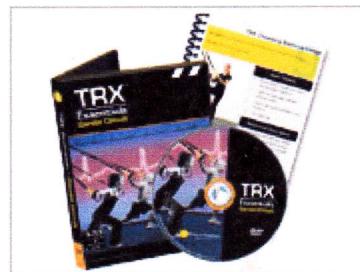


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Our Fan on
Facebook

Spring Training Essentials



TRX Home Training
Bundle
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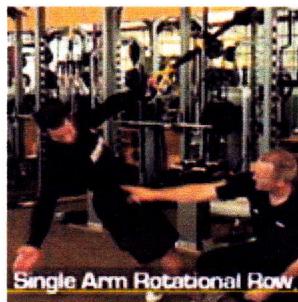


TRX Essentials:
Cardio Circuit
[Shop Now »](#)

Performance (AP), the nation's leading athletic training organization. Check out how AP performs the latest TRX moves to improve your performance and play ball.

[Learn more »](#)

Read more about Athletes' Performance »



RopeMaster Jump Rope
[Shop Now »](#)

Free Shipping on Everything



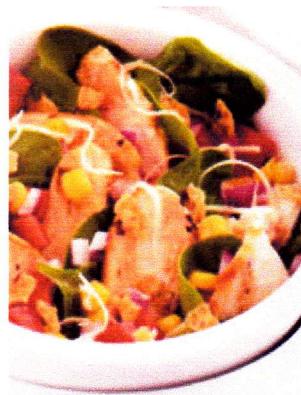
[See Details »](#)



Chicken Taco Salad

Don't Forget to Eat Your Veggies

Spring signals opening day for baseball-and farmers markets filled with fresh-picked produce loaded with vitamins and antioxidants. Celebrate a return to lighter, healthier fare with this crunchy, veggie-packed Chicken Taco Salad.



Tip: For the freshest produce in town, find a farmers markets near you:
www.localharvest.org