

TRX[®]



2026 COMMERCIAL BROCHURE

WELCOME TO TRX



TRX® founder Randy Hetrick created the original Suspension Trainer to stay mission-ready while he was deployed as a Navy SEAL. “I was looking for a way to pull without any gear, so I came up with this crazy harness idea.”

Hetrick’s idea transformed fitness—proving that it was possible to get an effective, challenging, full-body workout anywhere.

**“THERE’S NOTHING LIKE THE *SUSPENSION TRAINER*™.
YOU CAN DO LITERALLY HUNDREDS OF EXERCISES.”**

– RANDY HETRICK

Over the last 20 years, TRX has grown from straps created out of necessity to the global functional fitness leader. Athletes, first responders, trainers, and fitness enthusiasts turn to TRX for world-class training equipment that gets results.



MISSION AND VALUES

TRX HELPS PEOPLE GET STRONGER AND MOVE BETTER
WITH **CUTTING-EDGE GEAR, TRAINING, AND PROFESSIONAL
EDUCATION** THAT IS ACCESSIBLE FOR ALL LEVELS.

TRUSTED AROUND THE WORLD

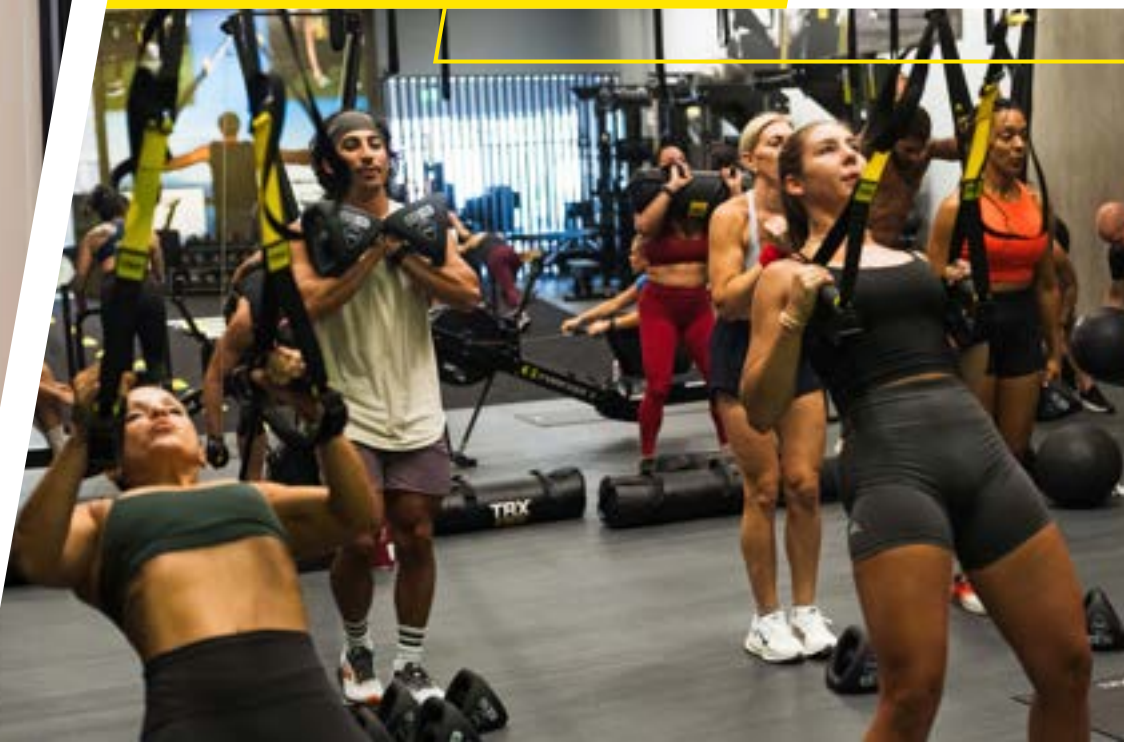
The power of TRX extends far beyond the Suspension Trainer. We've built an engaged, global network of fitness enthusiasts and professionals who know that TRX gets results.

OUR STRAPS ARE

ICONIC

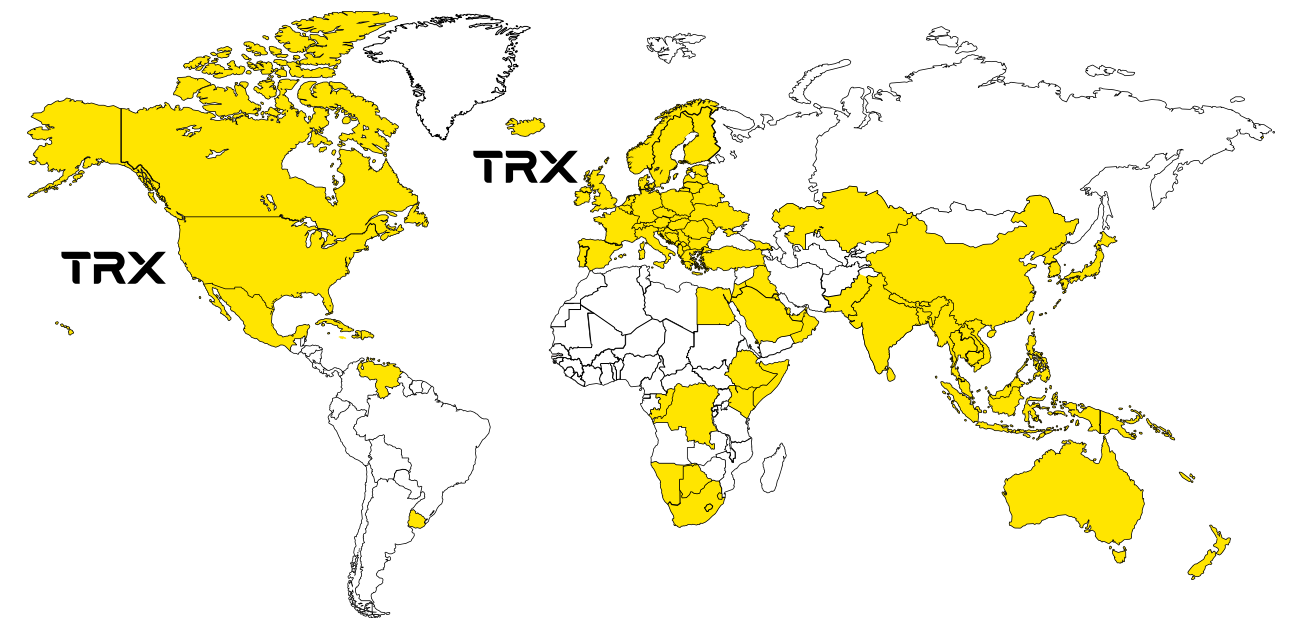
OUR COMMUNITY IS

LEGENDARY



WORLDWIDE DISTRIBUTION

We ship from 56 countries, with offices and studios in the **US** and **UK**.



TRX BY THE NUMBERS

3 MILLION+

SUSPENSION TRAINERS DELIVERED

2 MILLION+

SOCIAL MEDIA FOLLOWERS

300,000

TRX-QUALIFIED INSTRUCTORS

300

TRX MASTER TRAINERS

ACCREDITED WITH



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TRX COMMERCIAL: ***SO MUCH MORE.***

The leader in functional strength training equipment and education, TRX offers everything you need to deliver a world-class fitness experience.

PROFESSIONAL EDUCATION

Movement-based training meets a progressive approach to coaching.

- Virtual & on-site certifications
- Online courses

FUNCTIONAL TRAINING EQUIPMENT

TRX's premium tools are built to endure high-volume use.

- Suspension Trainers & accessories
- YBells and functional training racks
- Functional training tools
- Dynamic resistance tools

STORAGE SOLUTIONS

Make the most of your space with modular storage and accessories.

- TRX Studio Line
- TRX Bridges
- TRX Bays





PROFESSIONAL **EDUCATION**

Looking for programming or additional education solutions? We provide support to ensure your teams know how to deliver the best experiences.



TRX’S INDUSTRY-LEADING COURSES AND WORKSHOPS
HAVE SET THE STANDARD FOR FUNCTIONAL TRAINING
SINCE 2006.

Ready to dive deep into the wide world of TRX tools and modalities? TRX Qualification empowers gym owners, personal trainers, coaches, and clinicians alike to:

- Generate more revenue through group fitness class offerings.
- Diversify personal training capacity and reach new populations.
- Upskill individuals or teams, providing a better client experience.

TRX’s professional education courses present the fundamentals, principles, and progressions needed to unlock the full potential of TRX tools and modalities, helping users of all ages, abilities, and fitness levels build strength, improve mobility, and manage the risk of injury.

24,500 COURSES

344,257 ENROLLMENTS

300,414 UNIQUE GRADS

UPSKILL YOUR TEAM

Empower your coaches to pursue TRX Qualification virtually, in-person, or on their own schedule with self-paced digital courses.

TRX SUSPENSION
TRAINING COURSE



[COURSE DETAILS](#)

TRX GROUP
TRAINING COURSE



[COURSE DETAILS](#)

TRX YBELL
COACHING COURSE



[COURSE DETAILS](#)

TRX FUNCTIONAL
TRAINING COURSE



[COURSE DETAILS](#)

TRX REHAB
ESSENTIALS COURSE



[COURSE DETAILS](#)

TRX ADVANCED GROUP
TRAINING COURSE

Prerequisites are required for this course.



[COURSE DETAILS](#)

SPECIALISE & DIVERSIFY

Put a new spin on an old practice with TRX Yoga or empower athletes to excel at their sport with science-backed education for diverse populations and goals.



TRX YOGA FOUNDATIONS COURSE



TRX FOR YOGA INVERSIONS



TRX FOR YOGA HIP OPENING



TRX PILATES



TRX FOR THE PRE & POST-NATAL ATHLETE



TRX FOR THE FEMALE ATHLETE



TRX FOR CYCLING



TRX FOR RUNNING



TRX FOR GOLF

TRAINING FOR EVERY TOOL

Take functional training to the next level and gain mastery over the full line of TRX training tools with essential courses led by fitness pros, for fitness pros.



TRX ESSENTIALS OF RIP TRAINING



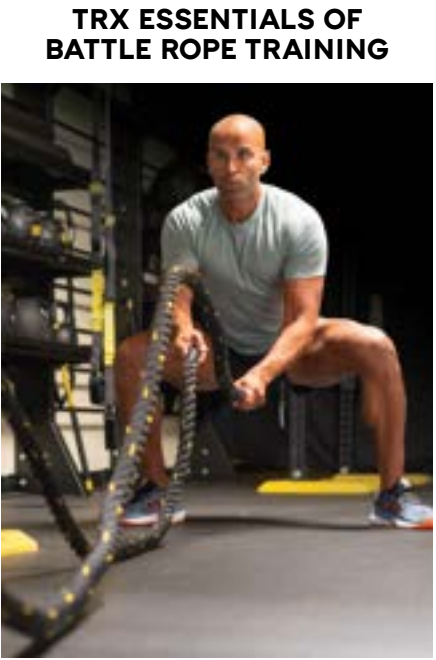
TRX ESSENTIALS OF YBELL TRAINING



TRX ESSENTIALS OF KETTLEBELL TRAINING



TRX ESSENTIALS OF RESISTANCE TRAINING



TRX ESSENTIALS OF BATTLE ROPE TRAINING



TRX ESSENTIALS OF SLAM/MED BALL TRAINING

TRX FOR PHYSICAL THERAPY & REHAB

TRX’s tools and science-backed programming have been proven by peer-reviewed research to be effective in improving clients’ recovery outcomes across most ages, abilities, and fitness levels.

We’ve bundled tools, education, and resources to help you upskill your team, expand your offerings, and empower your clients to feel stronger, move better, and live longer.

A THREE-PRONGED APPROACH



LEARN THE SCIENCE

TRX education is rooted in science and led by rehabilitation professionals.



GET THE TOOLS

TRX tools are versatile, portable and - best of all - effective.



LEVERAGE THE APP

Empower your clients to make rehabilitation a daily practice with the TRX App™.

[SEE THE BROCHURE](#)



BORN FROM THE MILITARY, FOR THE MILITARY

TRX Government Programs are designed to assist military personnel in developing higher levels of combat readiness, performance optimization, and injury prevention.

Led by the **TRX Force Kit Suspension Trainer™**, our growing line of tactical fitness tools and training programs empower government communities to maximize overall readiness through functional training.

We’re proud to offer professional, expert-led tactical training courses - both online and in person - along with a 12-week conditioning program via the **TRX Force Super App**, which is available offline.

[LEARN MORE](#)



SUSPENSION **TRAINING**[®]

The patented all-in-one fitness method powered by your bodyweight to sweat, sculpt, and strengthen.

TRX COMMERCIAL SUSPENSION TRAINER™

Meet our toughest Suspension Trainer. We used 15 years of feedback and testing to develop the best Suspension Trainer for high-volume environments like gyms and studios. The TRX Commercial Suspension Trainer combines a fresh look and features multiple patented designs for our most durable, user-friendly product ever.

SKU #: TRXCLUB4 | [PRODUCT DETAILS](#)



INCLUDES:

- TRX Commercial Suspension Trainer
- Xtender



TRX PRO4 SYSTEM

Outfit your clients with the Suspension Trainer model preferred by elite athletes. The TRX Pro4 System is a professional-grade solution, available to everyone.

SKU #: TRXPRO4 | [PRODUCT DETAILS](#)



INCLUDES:

- TRX Pro4 Suspension Trainer
- Door Anchor
- Suspension Anchor
- Xtender
- Mesh carry bag



TRX PRO4 CAMO™

This state-of-the-art Pro4 Suspension Trainer celebrates TRX's origins - and all of our heroes in the Armed Forces - with a brand new, limited-edition camo print.

SKU #: TRXPRO4-CAMO | [PRODUCT DETAILS](#)



INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Get started insert



TRX HOME2 SYSTEM

The ultra-portable, lightweight Home2 Suspension Trainer is a full gym experience powered by your bodyweight, for all levels and goals. It's the all-in-one fitness solution for every body.

SKU #: TRXHOME2 | [PRODUCT DETAILS](#)



INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Workout poster



TRX MOVE SYSTEM

Our lightest-weight full-body fitness solution strips your workout gear down to the essentials. These convenient, travel-inspired straps pack up light so you can take your workout with you wherever you go.

SKU #: TRXMOVE | [PRODUCT DETAILS](#)



INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Workout poster



TRX BURN SYSTEM

Turn up the burn on your bodyweight workouts with the TRX Burn System. The Burn System's user guide features instructions in French, German, Italian, Spanish, Chinese, and Japanese, making it our most global strap yet.

SKU #: TRXBURN | [PRODUCT DETAILS](#)



INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh carry bag
- Multilanguage booklet





ANCHORING & MOUNTING SOLUTIONS

Put the suspension in Suspension Training with anchoring solutions for every space and training scenario.





TRX XMOUNT®

A low-profile, sturdy mount for a TRX Suspension Trainer or Rip Trainer.

SKU #: TRXXMOUNT4 | TRXXMOUNT4-WHITE
[PRODUCT DETAILS](#)

PRODUCT SPECIFICATIONS

Size: 15 cm x 12 cm
 Colors: Steel Grey or White
 Material: Commercial-grade steel



TRX S-FRAME™

Featuring commercial-grade steel, the TRX S-Frame can support up to 22 TRX Suspension Trainers, or can be used for heavy bags, conditioning ropes, and Rip Trainers, and more.

SKU #: SFRAME-STD | [PRODUCT DETAILS](#)

PRODUCT SPECIFICATIONS

Sizes: 152, 305, 457, 610, 762 and 914 cm
 Heights: Standard (251 cm) and Elevated (274 cm)
 Material: Commercial-grade steel



TRX SINGLE MOUNT

Designed for Suspension Training, this industrial-grade steel, wall-mounted unit is optimized for small spaces.

SKU #: MMOUNT-TTZ-I | [PRODUCT DETAILS](#)

PRODUCT SPECIFICATIONS

Size: 56 cm W x 56 cm H
 Weight: 15 kgs
 Material: Commercial-grade steel



TRX S-FRAME CASTORS

Heavy-duty, non-marking castors instantly make your TRX S-frame more mobile, allowing you to wheel it to any location on the fly.

SKU #: SFCSTR-I | SFCSTRKIT-I
[PRODUCT DETAILS](#)



TRX MULTIMOUNT

Advanced anchoring system for Suspension Training and beyond. Train more people in less space. Ideal for pull-ups, hanging exercises, and as a training tool attachment point.

SKU #: MMOUNT-MMTZ | [PRODUCT DETAILS](#)

PRODUCT SPECIFICATIONS

Sizes: 213 cm and 427 cm (3 Suspension Trainers per 213 cm)
 Weight: 50 kgs (213 cm) and 100 kgs (427 cm)
 Material: Commercial-grade steel





TRX[®] YBELL[®]

THE WORLD'S MOST VERSATILE WEIGHT

YBell is the breakthrough evolution in strength training—a dynamic, cost-saving, 4-in-1 solution combining dumbbells, kettlebells, dual grip medicine balls and push-up stands. Change your grip to change your equipment.



TRX YBELL ELITE SERIES

Now featuring TRX’s most durable, noise-dampening coating and a knurled inner handle for a stronger grip, YBell Elite is designed to withstand high-traffic environments without compromising performance.
Sold as singles and bundles.

- SKU: 100-00037-04** | 4.5 kg (10 lbs)
- SKU: 100-00037-06** | 6 kg (14 lbs)
- SKU: 100-00037-08** | 8 kg (18 lbs)
- SKU: 100-00037-10** | 10 kg (22 lbs)
- SKU: 100-00037-12** | 12 kg (26 lbs)
- SKU: 100-00037-14** | 14 kg (31 lbs)
- SKU: 100-00037-16** | 16 kg (35 lbs)
- SKU: 100-00037-18** | 18 kg (40 lbs)
- SKU: 100-00037-20** | 20 kg (44 lbs)

[PRODUCT DETAILS](#)



TRX YBELL NEO SERIES

Non-slip neoprene coating provides a comfortable, durable grip that stands up to sweat and friction from intense workouts. **Sold as singles and bundles.**

- SKU #: 40-ARC-L** | 1.1 kg (2 lbs)
- SKU #: YBELL-NEO-2-C** | 2.5 kg (5.5 lbs)
- SKU #: YBELL-NEO-4-C** | 4.5 kg (10 lbs)
- SKU #: YBELL-NEO-6-C** | 6 kg (14 lbs)
- SKU #: YBELL-NEO-8-C** | 8 kg (18 lbs)
- SKU #: YBELL-NEO-10-C** | 10 kg (22 lbs)
- SKU #: YBELL-NEO-12-C** | 12 kg (26 lbs)

[PRODUCT DETAILS](#)



TRX YBELL® & FUNCTIONAL TRAINING RACKS

Keep your gym floor tidy and your equipment scuff-free with sleek, sturdy, space-saving racks designed to store YBells, Slam Balls, and everything in between.





TRX HORIZONTAL SHORT RACK

Form meets function in our TRX Racks. Store all of your weights and functional training tools - from YBells to Slam Balls. Each rack has three, rubber-padded shelves and rounded front edges for safety, durability, and noise reduction.

SKU #: YBELL-H-RACK-S | [PRODUCT DETAILS](#)

DIMENSIONS: 104 cm L x 74 cm H x 58 cm D | 36 kg



TRX HORIZONTAL LONG RACK

Form meets function in our TRX Racks. Store all of your weights and functional training tools - from YBells to Slam Balls. Each rack has three, rubber-padded shelves and rounded front edges for safety, durability, and noise reduction.

SKU #: YBELL-H-RACK-L | [PRODUCT DETAILS](#)

DIMENSIONS: 165 cm L x 74 cm H x 58 cm D | 50 kg



TRX MODULAR HORIZONTAL RACK

Functional training tool storage just got flexible. Our bestselling Horizontal Rack is now fully modular and more spacious between shelves, making it highly adaptable to gyms of all sizes.

SKU #: 107-00006-01 | **SKU #:** 107-00006-00
SINGLE: 79 cm H x 107 cm W x 58 cm D at base
ADD-ON: Each add-on unit adds 99.31 cm W
[PRODUCT DETAILS](#)



TRX YBELL SINGLE VERTICAL RACK

Maximize valuable floor space with the TRX YBell Vertical Rack. Heavy duty steel construction and bicycle hook storage arms hold up to 10 YBells, keeping your clients - and your investment - safe. Holds any YBell up to 12 kg.

SKU #: YBELL-RACK-SV-M | [PRODUCT DETAILS](#)

DIMENSIONS: 53 cm L x 150 cm H x 48 cm D | 20 kg



TRX YBELL CENTER POST RACKS

Streamline your storage and gain easier access to your gear with YBell Center Post Racks. Store up to 10 or 20 YBell Neos, respectively, on sturdy, freestanding racks that feature heavy duty steel construction and bicycle hook storage arms.

SKU #: 100-00006-10 | **SKU #:** 100-00006-20
CP10: 64 cm W x 132 cm H x 61 cm D | 30 kg
CP20: 64 cm W x 132 cm H x 61 cm D | 39 kg
[PRODUCT DETAILS](#)



TRX YBELL A-FRAME RACK

Meet the modular storage system that grows with your YBell collection. This dual-sided rack adapts to your desired size, connecting additional units quickly and securely with molded rubber base couplers.

SKU #: 107-00005-02 | **SKU #:** 107-00005-00
DOUBLE: 91 cm H x 66 cm W x 66 cm D at base
ADD-ON: 91 cm H x 36 cm W x 66 cm D at base
[PRODUCT DETAILS](#)



FUNCTIONAL TRAINING TOOLS

Complete the TRX experience in your facility with our durable line of Functional Training Tools. Crafted for high-volume use, each product meets the most stringent quality standards.



THE HEXGRIP™ ADVANTAGE

Our exclusive TRX HexGrip training tools have 2x stronger grip suction for maximum power. Throw higher. Move faster. HIIT harder. Your clients get better results with every workout.



TRX HEXGRIP MEDICINE BALLS

Master explosive movements with our most advanced medicine ball. Our moisture- and scuff-resistant design is wear-tested for intense training.

SKU #: EXMDBL-10 | EXMDBL-14
[PRODUCT DETAILS](#)

10” MEDICINE BALL
4, 6, 8, 10 and 12 kgs

14” MEDICINE BALL
6, 8, 10, 12, 14 and 16 kgs



TRX HEXGRIP POWER BAGS

Our innovative HEX node textile creates superior handling for maximum efficacy. Wear-tested, triple-stitched, moisture-resistant design is built for grueling workouts.

SKU #: EXPWBG | [PRODUCT DETAILS](#)

WEIGHTS AVAILABLE
5, 10, 15, 20 and 25 kgs



TRX HEXGRIP WEIGHT VEST

Add an extra challenge to any workout. Our weighted vest straps on easily for squats, jumps, pullups, and even runs. Velcro® cross-strap design secures the vest to avoid chaffing. One size fits most.

SKU #: 100-00005-09 | 100-00005-18
[PRODUCT DETAILS](#)

WEIGHTS AVAILABLE
9 and 18 kg



TRX HEXGRIP WEIGHT VEST 10LBS | 4.5 KGS

Strength training meets agility in our lowest-profile weight vest, turning routine tasks into a hands-free strength and conditioning workout that moves with you.

SKU #: 100-00005-05
[PRODUCT DETAILS](#)

SIZE
38 cm L x 37 cm W



TRX HEXGRIP PLYO CUBE

Flip the versatile, non-slip, high-grip TRX HexGrip Plyo Cube onto any side (20”, 24”, or 30”) to unlock a fresh plyometric challenge.

SKU #: 100-00023-00 | [PRODUCT DETAILS](#)

DIMENSIONS
50 cm x 60 cm x 75 cm

THE DURABALLISTIC[®] DIFFERENCE

Experience functional training tools that work as hard as you do featuring moisture-resistant material so tough, we put durability in the name.



TRX DURABALLISTIC MEDICINE BALLS

Unique 18-panel, 936-stitch design for high-impact workouts. Tacky surface offers extra grip and control.

SKU #: KVMDBL-10 | KVMDBL-14
[PRODUCT DETAILS](#)

10” MEDICINE BALL
4, 6, 8, 10 and 12 kgs

14” MEDICINE BALL
4, 6, 8, 10, 12, 14 and 16 kgs



TRX DURABALLISTIC POWER BAGS

Five nylon handles with reinforced stitching for use with a variety of exercises. Unique interior construction to limit weight shift.

SKU #: KVPWBG | [PRODUCT DETAILS](#)

PRE-FILLED WEIGHTS AVAILABLE
5, 10, 15, 20 and 25 kgs



TRX DURABALLISTIC SAND DISC WITH GRIPS

The toughest—and only—reinforced weighted disc on the market. Use one at a time, or stack them for more advanced challenges.

SKU #: KVSDGP | [PRODUCT DETAILS](#)

WEIGHTS AVAILABLE
6, 8, 10, 12, 14 and 16 kgs





TRX HEXGRIP PLYO BOXES

Boost speed, agility, and explosive power with grippy, stackable, and shock-absorbing TRX Hex Grip Plyo Boxes.

SKU #: PLYOBOX | [PRODUCT DETAILS](#)

SIZES AVAILABLE

15, 30, 45 and 60 cm



TRX SLAM BALL

Cardio, agility, and strength training, in one compact tool. Our best-selling Slam Ball features a grooved tire tread texture, no-slip grip, and bounce-resistant construction built to withstand frequent use.

SKU #: EXSLBL | [PRODUCT DETAILS](#)

WEIGHTS AVAILABLE

3, 4, 5, 7, 9, 11, 14, 18 and 23 kgs



TRX BATTLE ROPE

Deliver a full-body, heart-pumping workout through slams, waves, jacks, throws, and pulls. Comfortable rubber grips won't slip (no matter how hard you sweat), and the heavy-duty, tightly-braided construction can outlast the fiercest workout.

SKU #: EXROPE-30 | EXROPE-50
[PRODUCT DETAILS](#)

SIZES AVAILABLE

3.81 cm D x 914.4 cm L and 3.81 cm D x 1524 cm L



TRX RUBBER COATED KETTLEBELLS

TRX Rubber Coated Kettlebells feature top-quality construction, durable rubber coating on the bell, a powder-coated comfort-grip handle, and a machined flat base for easy storage.

SKU #: EXRBKB | [PRODUCT DETAILS](#)

WEIGHTS AVAILABLE

4, 6, 8, 12, 16, 20, 24, 28, 32, 36 and 40 kg



A woman with dark hair tied back, wearing a white sports bra and black leggings, is in a dynamic pose using a resistance band. She is leaning forward with her right leg bent and her left leg extended, holding the band with both hands. The background is a blurred gym setting. The image is framed by a yellow diagonal line and a white diagonal line.

DYNAMIC RESISTANCE & RECOVERY

Use resistance to transform your body.
Recover with start-to-finish essentials
for safe and effective training.





TRX RIP TRAINER®

The TRX Rip Trainer is an innovative weighted bar and resistance bungee duo that hones multi-directional movement through the abs, obliques, back, and hips—perfect for helping your clients develop speed, agility, and balance.

INCLUDES:

- TRX RIP Trainer
- Door Anchor
- Medium Resistance Cord
- Safety strap

SKU #: TRXRIPI-PACK | [PRODUCT DETAILS](#)



BANDIT®

Bandit is a premium, universal-fit set of handles that attach to Strength Bands and take workouts to new levels. Maximize results with more comfort, control, and performance.

Features: Universal-fit handle, textured rubber grip and slip-free notches for safety.

TRX BANDIT - COMMERCIAL KIT

SKU #: TRX-BANDIT-COMM-SET
[PRODUCT DETAILS](#)

INCLUDES:

- Four handles
- Four strength bands: 2-7, 7-14, 11-23 and 16-31 kg

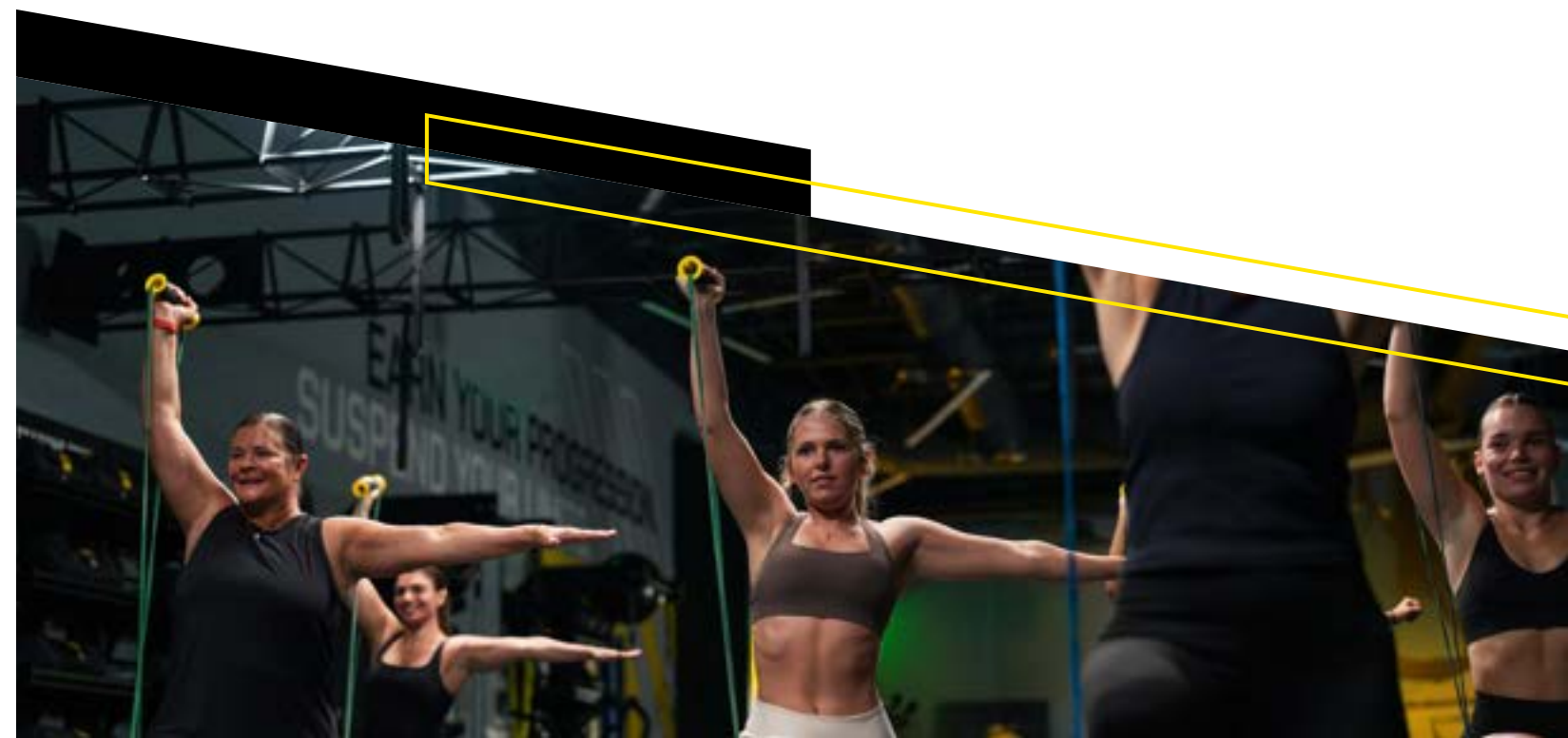


TRX BANDIT - RETAIL KIT

SKU #: TRX-BANDIT/ERBAND-SET-RTL
[PRODUCT DETAILS](#)

INCLUDES:

- Two handles
- Two strength bands: 2-7 and 7-14 kg





TRX STRENGTH BANDS

Full-length bands for full-body training. Bands add resistance without impact, demanding 100% effort through the complete range of motion for every move. Incorporate them into classes, individual workout spaces in your facility, pull-up bars, or your sports rehabilitation offerings.

SKU #: MULTIPLE SKUS | [PRODUCT DETAILS](#)

SIZES AVAILABLE
2-7, 7-14, 11-23, 16-31, 20-50 and 27-68 kg



TRX SUSPENSION TRAINING MAT

Our non-slip mat is made for stretching, cardio, yoga, and weight training. Line measurements help clients progress with different foot or hand placements.

SKU #: TRX-ST-MAT-RTL | TRX-ST-MAT-XL
[PRODUCT DETAILS](#)

SIZES AVAILABLE
60.96 cm x 182.88 cm and 121.92 cm x 182.88 cm



TRX EXERCISE BAND BUNDLE

Increase the intensity of any exercise. The mini loop design offers serious time under tension—perfect for glute activation drills, pre-workout warmups, toning, stability training, stretching, and mobility. Indicated weight ranges let your clients gauge their progress over time. Sold as a set of four.

SKU #: TRX-ER-MNBD-BDL | [PRODUCT DETAILS](#)

SET INCLUDES
1-4, 2-5, 3-8 and 4.5-11 kg



TRX KNEEL PAD

Targeted support where you need it most: thicker than your average yoga mat and far more portable, the TRX Kneel Pad takes pressure off of your pain points.

SKU #: 100-00031-00
[PRODUCT DETAILS](#)

SIZE
25.4 cm W x 52 cm L x 2 cm D



TRX MAT

The TRX Mat is a mid-sized, cushioned training surface that makes planks, crunches, hamstring curls, or bridges more comfortable. Functional, durable, and easy to store, the TRX Mat is the perfect add-on for your gym.

SKU #: EXMAT | [PRODUCT DETAILS](#)

SIZE
58.42 cm W x 121.92 cm L x 1.27 cm D



TRX YBELL EXERCISE MATS

Our durable YBell Mats are made for ground-based exercises. The cushioned surface protects hands, knees, floors, and YBells while offering visual cues for exercises.

SKU #: 50-MAT-C | 55-MAT-R
[PRODUCT DETAILS](#)

SIZES AVAILABLE
72 cm W x 112 cm H and 72 cm W x 30 cm H



TRX FOAM ROLLERS

TRX Foam Rollers are made from expanded polypropylene (EPP) foam, an extra-tough material that keeps its shape and delivers consistent, deep-tissue therapy results.

SKU #: EXFMRL-18 | EXFMRL-36
[PRODUCT DETAILS](#)

SIZES AVAILABLE
46 and 91 cm



TRX STABILITY BALL

A stability ball adds a bonus burn to basic crunches, woodchops, and more. Our TRX Stability Ball is built for sport, rehab, and overall fitness, crafted with durable, non-slip vinyl that won't pop from heavy use.

SKU #: EXSTBL-55 | EXSTBL-65
[PRODUCT DETAILS](#)

SIZE
55 cm and 65 cm



TRX REV ROLLER™

Our TRX Rev Roller has smooth rings on each end for consistent deep-tissue release, along with trigger-points to target tension in the neck, back, knees, hips, and more.

SKU #: REV-ROLLER | [PRODUCT DETAILS](#)

SIZE
36 cm



TRX YOGA BLOCK

Elevate your flow with the TRX Yoga Block. Featuring comfortably rounded edges and solid EVA foam, this block gives you non-slip support where you need it most.

SKU #: TRX-YOGABLOCK-RTL
[PRODUCT DETAILS](#)

SIZE
23 cm W x 15 cm H x 10 cm D



TRX ROCKER®

Our foam Rocker encourages targeted back-and-forth motion over tight areas to achieve muscle release—and relief—through the neck, back, knees, and hips.

SKU #: ROCKER-13 | ROCKER-26
[PRODUCT DETAILS](#)

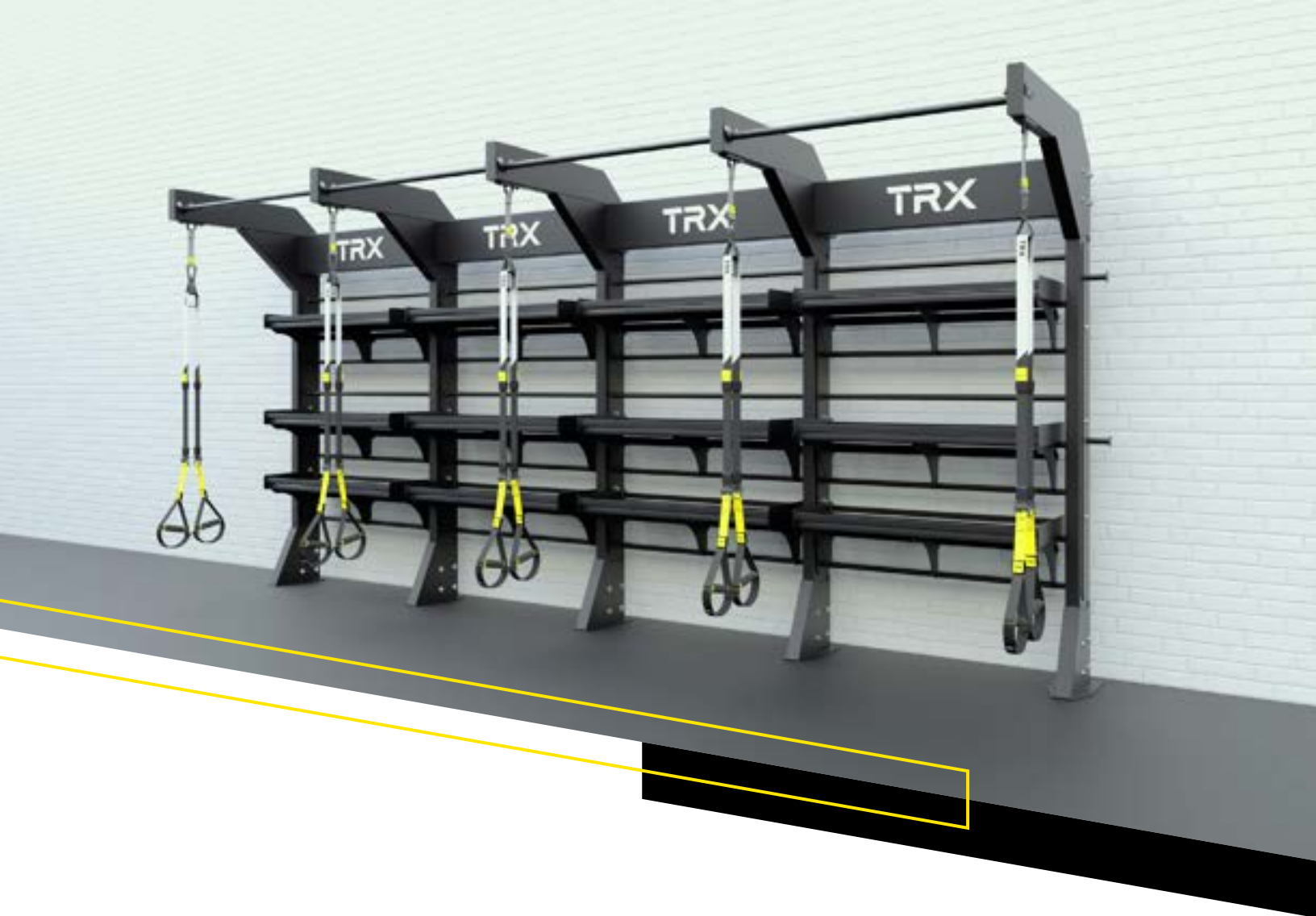
SIZES AVAILABLE
33 and 66 cm





STUDIO LINE™ SOLUTIONS

Optimize your space, protect your equipment, and activate more areas with functional, modular Studio Line and storage solutions that can be customized to meet your gym's needs.



TRX BAY UNITS

Whether you’re looking to activate a smaller area with a single bay or you want to go big with multiple bays, TRX Bay Units are a premium, modular solution for adding functional training, strength training, storage, anchoring, and organization to any space—large or small.

DIMENSIONS	OUTSIDE FOOT TO OUTSIDE FOOT	CENTER POST TO CENTER POST	HEIGHT	DEPTH
ANCHORED SINGLE SUSPENSION BAY	140 cm	122 cm	240 cm	103 cm
ANCHORED DOUBLE SUSPENSION BAY	262 cm	122 cm	240 cm	103 cm
ANCHORED TRIPLE SUSPENSION BAY	384 cm	122 cm	240 cm	103 cm
ANCHORED QUAD SUSPENSION BAY	505 cm	122 cm	240 cm	103 cm

TRX ANCHORED SUSPENSION BAY UNITS | CONFIGURATIONS



ANCHORED SINGLE SUSPENSION BAY

DIMENSIONS
140 cm W x 240 cm H x 103 cm D

SKU #: SL-1SUSBAY-BDL-35
[PRODUCT DETAILS](#)



ANCHORED DOUBLE SUSPENSION BAY

DIMENSIONS
262 cm W x 240 cm H x 103 cm D

SKU #: SL-2SUSBAY-BDL-35
[PRODUCT DETAILS](#)



ANCHORED TRIPLE SUSPENSION BAY

DIMENSIONS
384 cm W x 240 cm H x 103 cm D

SKU #: SL-3SUSBAY-BDL-35
[PRODUCT DETAILS](#)

TRX ANCHORED STORAGE BAY UNITS | CONFIGURATIONS



ANCHORED SINGLE STORAGE BAY

DIMENSIONS
140 cm W x 218 cm H x 52 cm D

SKU #: SL-1STORBAY-BDL-35
[PRODUCT DETAILS](#)



ANCHORED DOUBLE STORAGE BAY

DIMENSIONS
262 cm W x 218 cm H x 52 cm D

SKU #: SL-2STORBAY-BDL-35
[PRODUCT DETAILS](#)



ANCHORED TRIPLE STORAGE BAY

DIMENSIONS
384 cm W x 218 cm H x 52 cm D

SKU #: SL-3STORBAY-BDL-35
[PRODUCT DETAILS](#)

TRX FREESTANDING BAY UNITS | CONFIGURATIONS



FREESTANDING SINGLE SUSPENSION BAY

DIMENSIONS
147 cm W x 245 cm H x 120 cm D

SKU #: 107-00003-01
[PRODUCT DETAILS](#)



FREESTANDING DOUBLE SUSPENSION BAY

DIMENSIONS
269 cm W x 245 cm H x 120 cm D

SKU #: 107-00003-02
[PRODUCT DETAILS](#)



FREESTANDING TRIPLE SUSPENSION BAY

DIMENSIONS
391 cm W x 245 cm H x 120 cm D

SKU #: 107-00003-03
[PRODUCT DETAILS](#)

TRX FREESTANDING BAY UNITS | CONFIGURATIONS



FREESTANDING
QUAD
SUSPENSION BAY

DIMENSIONS
513 cm W x 245 cm H x 120 cm D

SKU #: 107-00003-04
[PRODUCT DETAILS](#)

TRX FREESTANDING BAY UNITS | CONFIGURATIONS



FREESTANDING
POWER BAY + DOUBLE
SUSPENSION BAY

DIMENSIONS
391 cm W x 245 cm H x 184 cm D

SKU #: 107-00004-03
[PRODUCT DETAILS](#)



FREESTANDING
POWER BAY

DIMENSIONS
147 cm W x 245 cm H x 184 cm D

SKU #: 107-00004-01
[PRODUCT DETAILS](#)



FREESTANDING
POWER BAY + TRIPLE
SUSPENSION BAY

DIMENSIONS
513 cm W x 245 cm H x 184 cm D

SKU #: 107-00004-04
[PRODUCT DETAILS](#)



FREESTANDING
POWER BAY + SINGLE
SUSPENSION BAY

DIMENSIONS
269 cm W x 245 cm H x 184 cm D

SKU #: 107-00004-02
[PRODUCT DETAILS](#)



POWER BAY IDEAS

Stock your Power Bay with weights, TRX training tools, and accessories to turn it into a full functional strength training destination.

TRX RETROFIT KITS | CONFIGURATIONS



POWER BAY RETROFIT KIT

Expand your existing Anchored Suspension Bay into an Anchored Power Bay.

SKU #: 107-00004-00
[PRODUCT DETAILS](#)

DIMENSIONS
147 cm W x 245 cm H x 184 cm D



FREESTANDING SUSPENSION BAY RETROFIT KIT

Turn your Anchored Suspension Bay into a Freestanding Suspension Bay.

SKU #: 107-00003-05
[PRODUCT DETAILS](#)

DIMENSIONS
147 cm W x 223 cm H x 120 cm D

TRX SPACE SAVING UNITS | CONFIGURATIONS



TRX CORNER UNIT

This PVC-coated, abrasion-resistant frame comes with two Suspension Training anchor points, a pull-up bar, shelving options, storage drawers, and hooks.

SKU #: SL-CORNER-BDL-35 | [PRODUCT DETAILS](#)

PRODUCT SPECIFICATIONS
Corner to Corner Length: 269.75 cm
Length of Each Suspension Arm: 102.9 cm
Height of Unit: 239.5 cm
From Corner to End of Bay (each side): 192 cm



TRX SINGLE POST

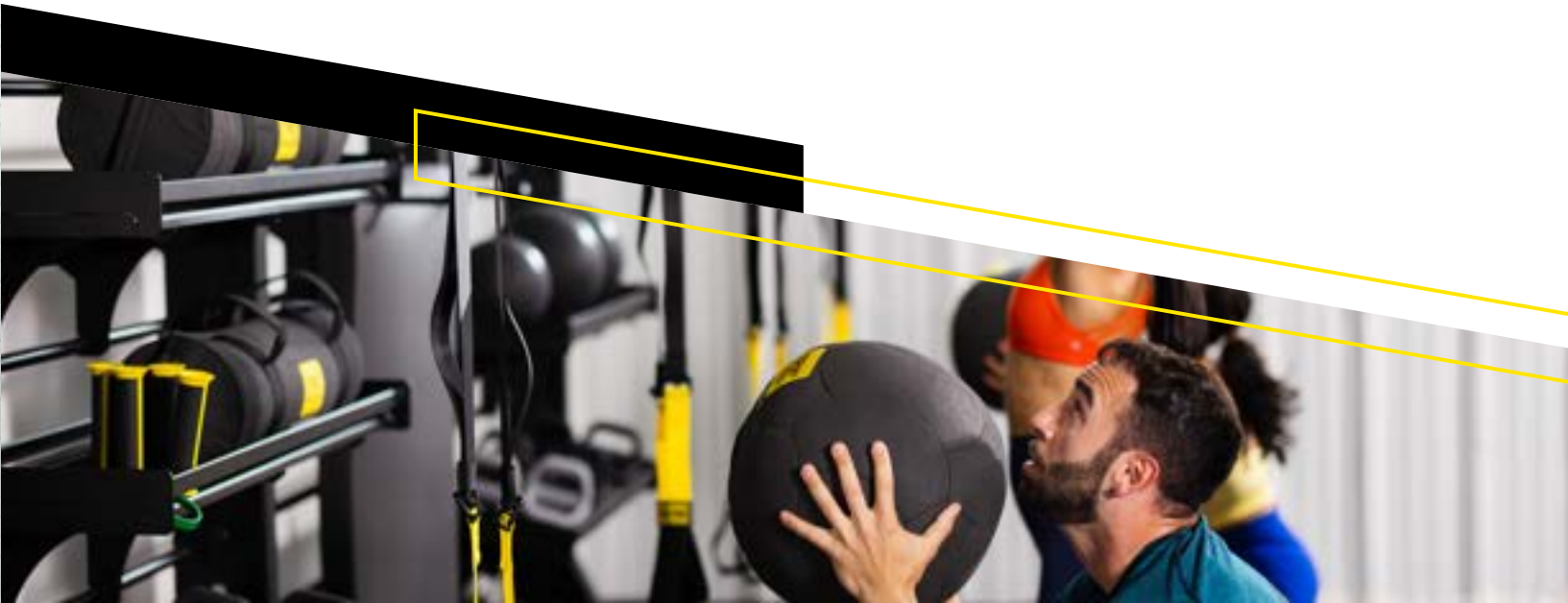
Featuring a Suspension Training anchor point and a 19" footprint, the TRX Single Post optimizes tight training spaces. Shelving, dip station, battle rope anchor, landmine attachments, and other accessories are sold separately.

SKU #: SL-SUSPOST-BDL-35 | [PRODUCT DETAILS](#)

PRODUCT SPECIFICATIONS
Dimensions: 239.5 cm H x 102.87 cm D
Outer Foot to Outer Foot: 60.96 cm

RETROFIT KITS

Make regular Studio Line Bays freestanding - or turn your Anchored Bays into Power Bays - with handy, easy-to-install retrofit kits that let you redesign your space for maximum efficiency.





TRX BRIDGE UNITS

Bring the wow-factor to your facility with TRX Bridge Units. Perfect for studios or on the gym floor, TRX Bridges will breathe new life into any space.

DIMENSIONS	OUTSIDE FOOT TO OUTSIDE FOOT	CENTER POST TO CENTER POST	STANDARD HEIGHT	ELEVATED HEIGHT
213 CM LENGTH	140 cm	122 cm	240 cm	274 cm
427 CM LENGTH	140 cm	122 cm	240 cm	274 cm
640 CM LENGTH	140 cm	122 cm	240 cm	274 cm

TRX BRIDGE UNITS | CONFIGURATIONS



213 CM BRIDGE

DIMENSIONS
140 cm W x 240 cm H x 213 cm D
SKU #: SL-7BRIDGE-BDL-35
[PRODUCT DETAILS](#)



427 CM BRIDGE

DIMENSIONS
140 cm W x 240 cm H x 427 cm D
SKU #: SL-14BRIDGE-BDL-35
[PRODUCT DETAILS](#)



640 CM BRIDGE

DIMENSIONS
140 cm W x 240 cm H x 640 cm D
SKU #: SL-21BRIDGE-BDL-35
[PRODUCT DETAILS](#)

TRX STUDIO LINE SHELVES

Keep your equipment organized and accessible with TRX Studio Line Shelves. Mix and match to accommodate everything from Stability Balls to dumbbells and more, for storage that’s as dynamic as your members’ workouts.



TRX STANDARD SHELF

Keep your tools safe, secure, and accessible with the modular Standard Shelf. The lip keeps balls in place, while the base allows you to add bins for additional storage.

SKU #: SL48-STNDSHELF-35
[PRODUCT DETAILS](#)

DIMENSIONS: 109 cm W x 31 cm H x 36 cm D



TRX DUMBBELL SHELF

Keep your free weights safe and elevated with this modular, rubber-lined shelf. Rated to hold up to 290 kg, the Dumbbell Shelf is angled for ease of accessibility.

SKU #: SL44-DBSHELF-35
[PRODUCT DETAILS](#)

DIMENSIONS: 109 cm W x 31 cm H x 36 cm D



TRX STABILITY BALL SHELF

The modular Studio Line Stability Ball Shelf encircles your Stability Balls, keeping them stationary and accessible while you work out.

SKU #: SL17-BALLSHELF-35
[PRODUCT DETAILS](#)

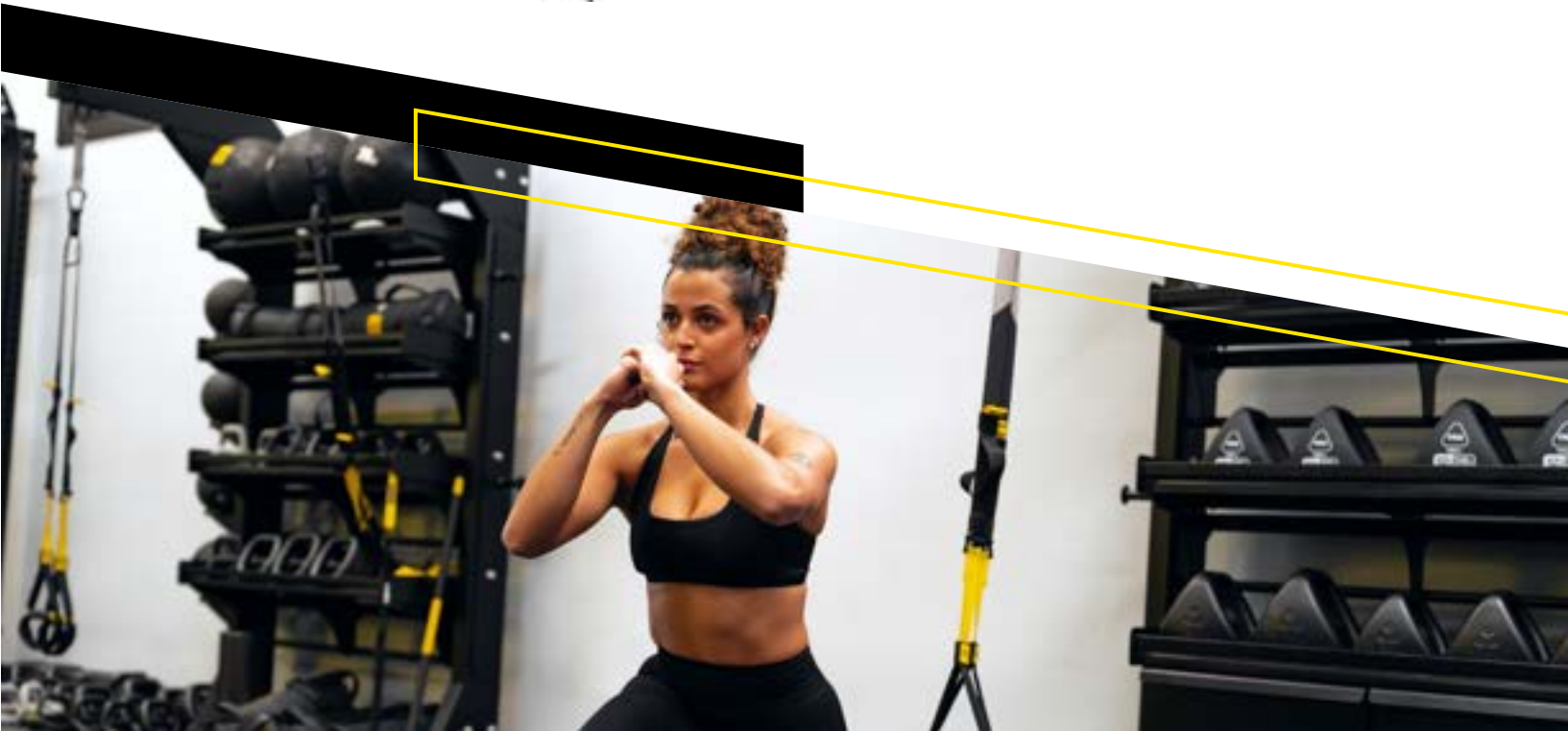
DIMENSIONS: 109 cm W x 31 cm H x 76 cm D



TRX BIN & SHELF BUNDLE

The TRX Bin & Shelf Bundle includes 2 TRX storage bins and a sturdy storage shelf.

SKU #: SL48-SLF-BIN | [PRODUCT DETAILS](#)



TRX STUDIO LINE ACCESSORIES

Customize your Studio Line setup with modular accessories designed to make your space a whole lot more functional. Ask your rep about Mat Holders, Ball Targets, Accessory Posts, and more.



TRX STORAGE BIN

Stow your gear safely, securely, and out of sight with this sturdy, easily-installed commercial-grade storage bin.

SKU #: SL47-BIN-35 | SL47-BIN-35-BDL
[PRODUCT DETAILS](#)

DIMENSIONS: 14.5” D x 22.5” W x 15” H



TRX LOOP PLATE ATTACHMENT

Thread your battle rope through the TRX Studio Line Loop Plate Attachment, and you’re ready for high-volume waving and slamming.

SKU #: SL36-LOOPPLATE-35W
[PRODUCT DETAILS](#)

DIMENSIONS: 24 cm W x 13 cm H x 27 cm L



TRX SWIVEL

With 360 degrees of motion and a 350-lb weight capacity, this swiveling anchor point attaches to Studio Line for ultimate Suspension Training freedom.

SKU #: SL49-SWIVEL | [PRODUCT DETAILS](#)

DIMENSIONS: 4” D x 6” W x 9” H



TRX LANDMINE ATTACHMENT

Affix the TRX Landmine to any Studio Line Single Post, Corner Unit, or Bays to anchor a barbell for arc-like exercises that mimic natural movement patterns.

SKU #: SL37-LANDMINE-35 | [PRODUCT DETAILS](#)

DIMENSIONS: 20 cm W x 13 cm H x 46 cm L



TRX MED BALL SIDE STORAGE

Get your med balls off the floor - and eliminate unwanted rolling - with the secure, modular, space-saving TRX Studio Line Med Ball Side Storage solution.

SKU #: SL46-MEDBALL-35 | [PRODUCT DETAILS](#)

DIMENSIONS: 30 cm W x 18 cm H x 155 cm L



TRX YBELL SIDE STORAGE

Store 5, 10, or 15 YBell Neos on modular, bicycle hook-style arms that keep your weights elevated, scuff-free, and easily accessible.

SKU #: 107-00001-05 | [PRODUCT DETAILS](#)

SKU #: 107-00001-10 | [PRODUCT DETAILS](#)

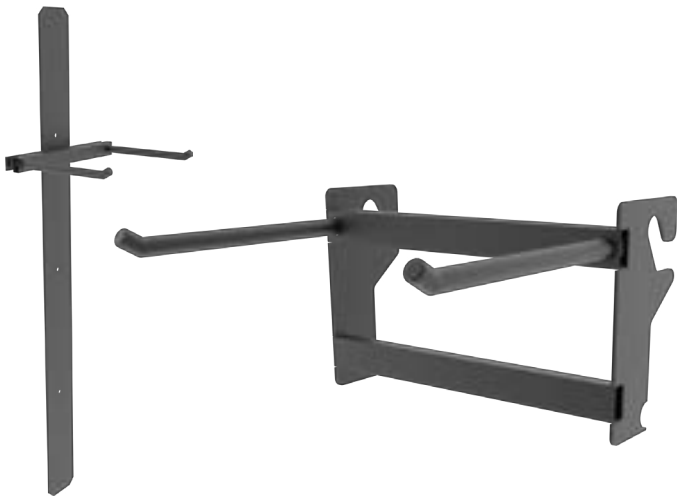
SKU #: 107-00001-15 | [PRODUCT DETAILS](#)

DIMENSIONS

(5 HOOK): 115 cm L x 15 cm W x 29 cm H

(10 HOOK): 115 cm L x 34 cm W x 29 cm H

(15 HOOK): 115 cm L x 54 cm W x 29 cm H



TRX MAT HOLDERS

Hang your mats from the front or side of any Studio Line Bay so they're out of the way while remaining easily accessible to your members.

SKU #: SL45-MATHOLDER-35

SKU #: SL20-MATHOLDER-35

[PRODUCT DETAILS](#)

DIMENSIONS

(SIDE): 15.2 cm W x 7.6 cm L x 154.9 cm H

(FRONT): 33 cm W x 15.2 cm L x 58.4 cm H



TRX SIDE PLATE STORAGE

Maximize efficiency in your training area with plate storage that integrates seamlessly into your TRX Studio Line Bays.

SKU #: SL52-PLATESTORAGE-35

[PRODUCT DETAILS](#)

DIMENSIONS: 150 cm L x 13 cm W x 18 cm D



TRX DIP STATION

From tricep dips to elevated lunges, these sturdy, commercial-grade Studio Line attachments turn the Accessory Post into a compound movement powerhouse.

SKU #: SL24-DIPSTATION-BDL-35

[PRODUCT DETAILS](#)

DIMENSIONS: 74 cm W x 229 cm H x 118 cm D



TRX WALL BALL TARGETS

TRX Studio Line Bay Wall Ball Target is now Hyrox®-compliant, so your clients can tackle their next race with confidence.

SKU #: SL39H-BAYTARGET-35

[PRODUCT DETAILS](#)

DIMENSIONS: 46 cm W x 95 cm H x 33 cm D

SKU #: SL40-BRDGTARGET

[PRODUCT DETAILS](#)

DIMENSIONS: 46 cm W x 104 cm H x 43 cm D



TRX WALL TARGET

Durable, modular panels empower your members to build explosive power, refine their aim, and add variety to their conditioning routine.

SKU #: SL51-WALLTARGET-35

[PRODUCT DETAILS](#)

DIMENSIONS: 113 cm W x 78 cm H x 9 cm D



CONTACT US

TRX experts can answer questions about equipment, help you plan a unique layout for your facility, schedule education and assist with purchases.

Contact us today at sales@trxtraining.com to learn more about how TRX can help grow your business.



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