

TRX[®]



2025 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

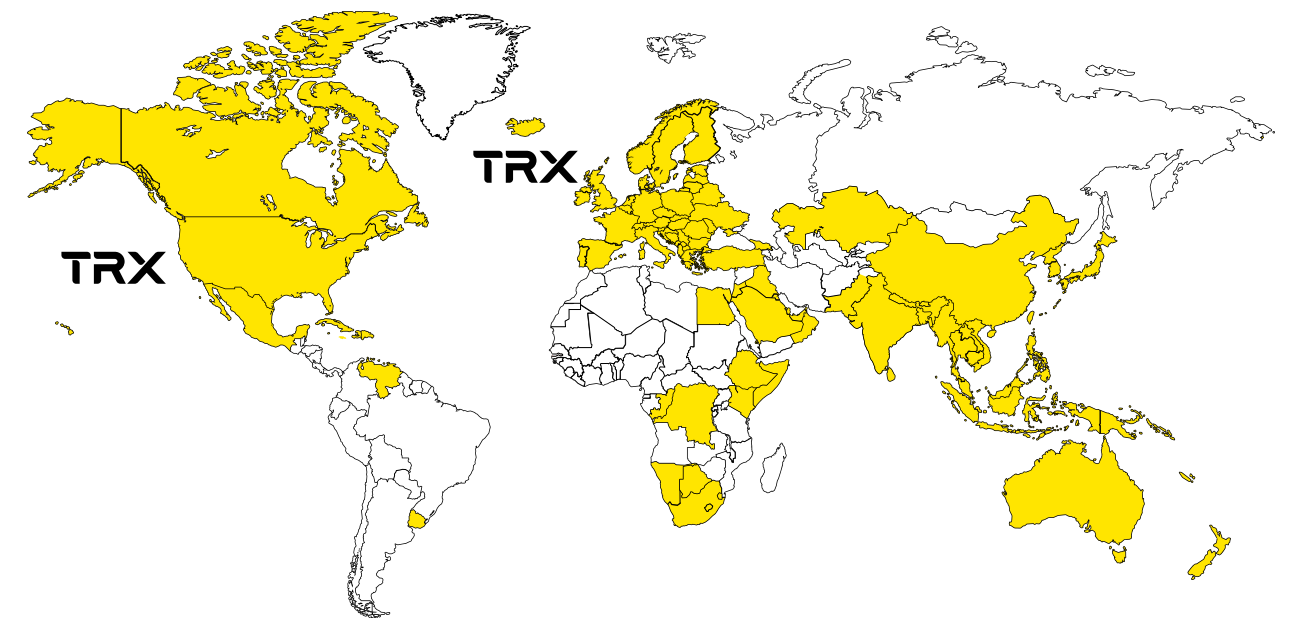
OUR COMMUNITY IS

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.

- Suspension Bays
- Storage Bays
- Power Bays
- Bridges
- Corner Unit





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

328,190 ENROLLMENTS

293,070 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.

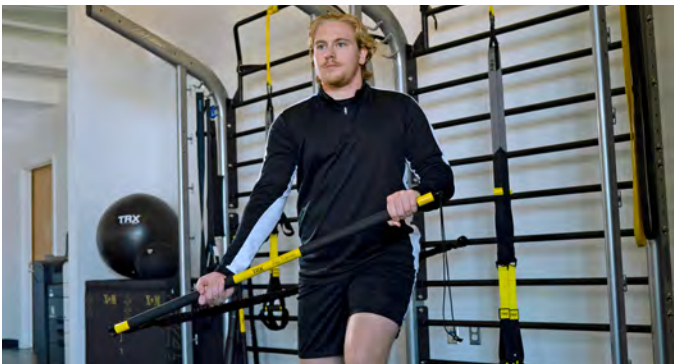
We’ve bundled tools, education, and resources to help you upskill your team, expand your offerings, and empower your clients to feel stronger, move better, and live longer.

A THREE-PRONGED APPROACH



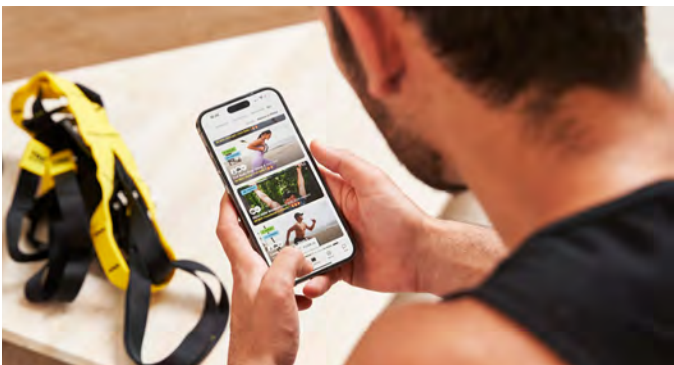
LEARN THE SCIENCE

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](#)

FEATURES



ADJUSTABLE FOOT CRADLES

Custom fit to any foot size to prevent slippage.



PADDED TRIANGLES

Smooth, padded webbing for enhanced comfort.



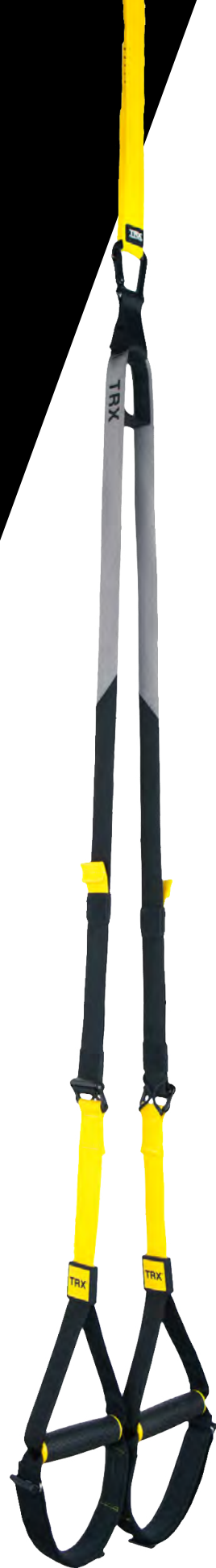
RUBBER HANDLES

Anti-slip texture secures grip for safety and comfort.



LOCKING CARABINER

Keep your investment safe and secure.



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:

- Suspension Anchor
- Door Anchor
- 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 TACTICAL GYM

Built with the military in mind, the Tactical Suspension Trainer is as rugged as it gets. Get a rigorous, full-body workout anywhere, anytime - and in any weather. Stay in fighting shape with oversized foot cradles specially designed for combat boots.

SKU #: FTKMG3 | [PRODUCT DETAILS](#)



INCLUDES:

- Suspension Anchor
- Door Anchor
- Mesh backpack
- 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 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 PRO SERIES

With a cast iron core and commercial-grade, powder-coated finish, the YBell Pro looks as good as it handles. **Sold as singles and bundles.**

- SKU: 100-PRO-4-C** | 4.5 kg (10 lbs)
- SKU: 101-PRO-6-C** | 6 kg (14 lbs)
- SKU: 102-PRO-8-C** | 8 kg (18 lbs)
- SKU: 103-PRO-10-C** | 10 kg (22 lbs)
- SKU: 104-PRO-12-C** | 12 kg (26 lbs)
- SKU: 105-PRO-14-C** | 14 kg (31 lbs)
- SKU: 106-PRO-16-C** | 16 kg (35 lbs)
- SKU: 107-PRO-18-C** | 18 kg (40 lbs)
- SKU: 108-PRO-20-C** | 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 (27 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.



FORM MEETS FUNCTION

These compact, commercial-grade steel racks look sleek while keeping your training tools easily accessible for peak member satisfaction.



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 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 YBELL CENTER POST RACK 10

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

SKU #: 100-00006-10 | [PRODUCT DETAILS](#)

DIMENSIONS: 64 cm W x 132 cm H x 61 cm D | 30 kg



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 YBELL CENTER POST RACK 20

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

SKU #: 100-00006-20 | [PRODUCT DETAILS](#)

DIMENSIONS: 64 cm W x 132 cm H x 61 cm D | 39 kg



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 and 20 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



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 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 lbs



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 PLYO CUBE

Flip the TRX Plyocube to its 51, 61, or 76 cm side for a custom plyo experience. With a durable vinyl exterior and honeycomb-design PU interior, our plyocube maintains its shape and protects your clients' shins.

SKU #: TRX-PLYOCUBE | [PRODUCT DETAILS](#)

DIMENSIONS

51 cm x 61 cm x 76 cm



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 x 914.4 cm and 3.81 cm x 1524 cm



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 grey 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.

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

- INCLUDES:**
- TRX RIP Trainer
 - Door Anchor
 - Medium Resistance Cord
 - Safety strap



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](#)

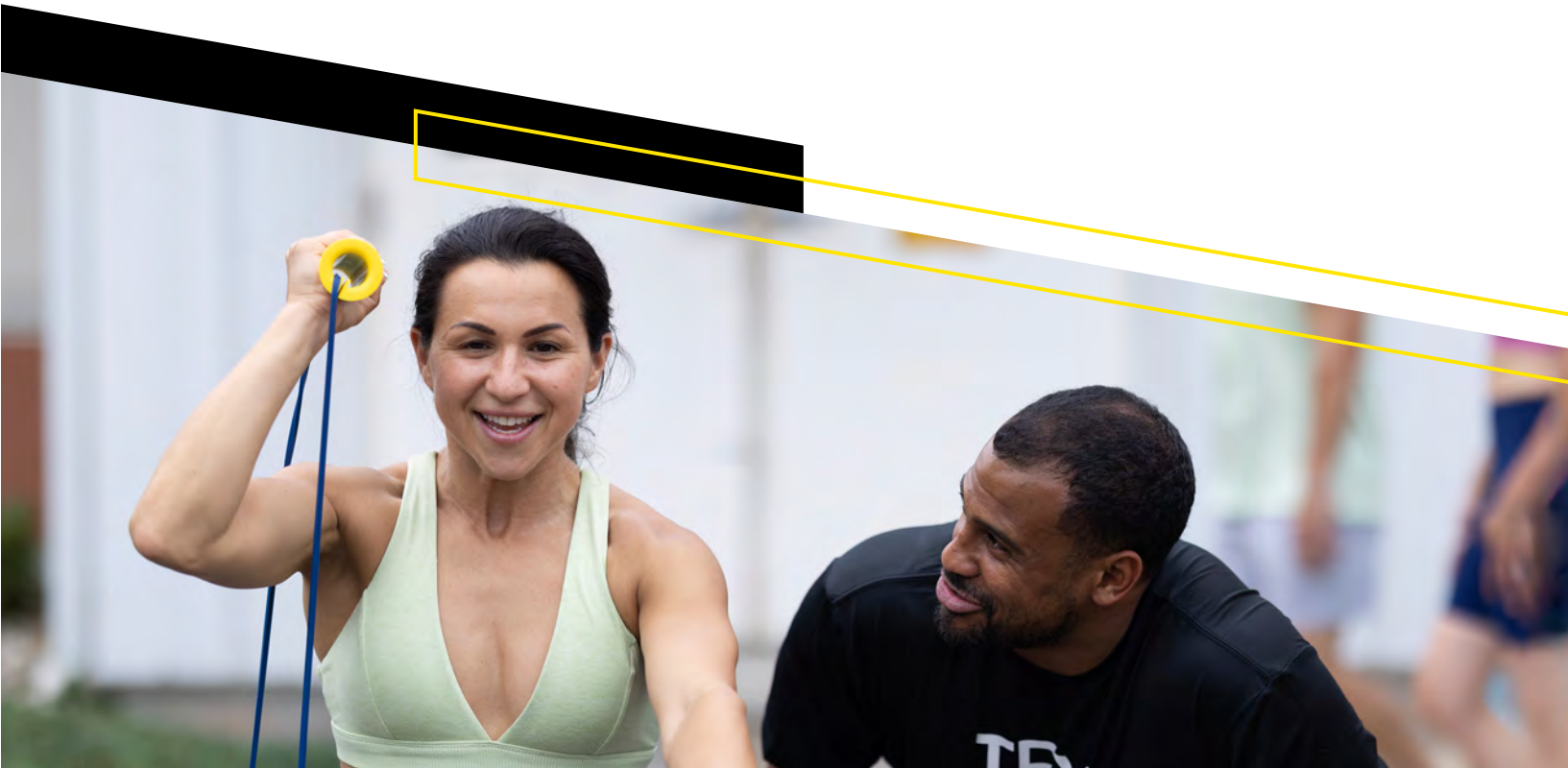
- INCLUDES:**
- Four handles
 - Four strength bands: 2-7, 7-14, 11-23 and 16-31 kg



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 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-B | [PRODUCT DETAILS](#)

SET INCLUDES

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



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 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 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 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 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



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](#)

SIZES AVAILABLE
55 and 65 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
SINGLE BAY	140 cm	122 cm	240 cm	103 cm
DOUBLE BAY	262 cm	122 cm	240 cm	103 cm
TRIPLE BAY	384 cm	122 cm	240 cm	103 cm
QUAD BAY	505 cm	122 cm	240 cm	103 cm

TRX SUSPENSION BAY UNITS | CONFIGURATION EXAMPLES



SINGLE SUSPENSION BAY

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

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

TRX SUSPENSION BAY UNITS | CONFIGURATION EXAMPLES



DOUBLE SUSPENSION BAY

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

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



TRIPLE SUSPENSION BAY

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

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



QUAD SUSPENSION BAY

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

SKU #: SL-4SUSBAY-BDL-35
[PRODUCT DETAILS](#)

TRX STORAGE BAY UNITS | CONFIGURATION EXAMPLES



SINGLE STORAGE BAY

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

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



DOUBLE STORAGE BAY

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

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



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 | CONFIGURATION EXAMPLES



FREESTANDING SINGLE BAY

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

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



FREESTANDING DOUBLE BAY

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

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



FREESTANDING TRIPLE BAY

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

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

TRX FREESTANDING BAY UNITS | CONFIGURATION EXAMPLES



FREESTANDING QUAD BAY

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

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

TRX FREESTANDING BAY UNITS | CONFIGURATION EXAMPLES



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](#)



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: 270 cm
Length of Each Suspension Arm: 103 cm
Height of Unit: 240 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: 240 cm H x 103 cm D
Outer Foot to Outer Foot: 61 cm





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 | CONFIGURATION EXAMPLES



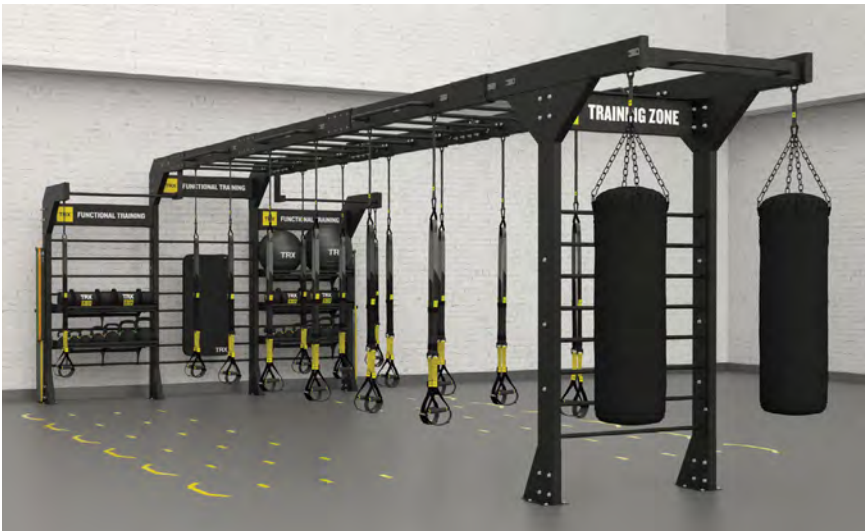
213 CM BRIDGE

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 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 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: 10 cm D x 15 cm W x 23 cm 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 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: 37 cm D x 57 cm W x 38 cm 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 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





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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