

TRX Training @ Infinity Fitness

**TRX classes: Mondays 10:15 a.m. and 6:30 p.m.
Wednesdays 10:15 a.m.**

Everything you do in life starts with one part of your body. Any guesses? It's your core. Your core is not just about those six-pack abs you see – it's so much more than that. Your core is made up of your pelvis, back, chest muscles and abdominals. It is your core that is responsible for your body stability, flexibility and balance. Makes sense, right? Also, do we always move in the same direction every day like robots? No, we surely do not! We move with twisting, bending movements, and we're going left, right, down, up, and side-to-side, as well as forward and backward. This is called "multi-plane" movement. Once you think of your body moving "all around" these difference ways, wouldn't you agree it's important to train your body the same way?

TRX stands for Total Body Resistance Exercise. It's a type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries.

There are many benefits of TRX training. For starters, you can minimize your training time by working your entire body, switching from one exercise to the next in just seconds. The best part? As I mentioned, in every exercise you engage your core. This is great news if you've already been focusing on your core. Now watch how much harder things become when you *really* engage your core. Are you up for the challenge? Just think of how developing good core strength and stability will only enhance your performance and way of life. Your whole body will work and feel better.

Another advantage in using your own body weight and gravity is that you're able to adjust to your own personal fitness level. I love that you have control of the intensity just by walking yourself closer or further away from the anchoring point. That means instead of having to grab a different set of dumbbells or add more weight to machines, you simply adjust your foot placement. Easy enough, right? This is also why you can keep your heart rate up and keep moving. No wasted time (important in my workouts!), which keeps you constantly challenging your body through every exercise.