

Complete Guide to TRX Suspension Training

By Jay Dawes




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For strength, stability, core power, flexibility, and balance, Suspension Training® delivers results. Used by the best of the best, from professional trainers to the elite athletes they work with, Suspension Training is a respected and essential component of conditioning programs worldwide. Now, the ultimate Suspension Training expert shares the ultimate in Suspension Training exercises and programs.

Complete Guide to TRX® Suspension Training®, from renowned strength and conditioning expert Dr. Jay Dawes, is the authoritative guide to Suspension Training. This resource is so thorough that it has earned the endorsement of TRX®. Look inside at the instruction, advice, and insights, and you'll see why. This is a one-of-a-kind resource designed to take workouts to unprecedented levels.

Complete Guide to TRX® Suspension Training® includes instructions for more than 115 exercises. Complete with photo sequences, variations, and safety recommendations, you'll learn how to develop and integrate strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer™. In the gym, at home, or on the road, this guide is the ultimate training companion. With over thirty ready-to-use programs, you have options for any situation and every desire. It's all here.

If you want the best in exercise, training, and workouts, then look no further than *Complete Guide to TRX® Suspension Training®*. Discover why millions of athletes make Suspension Training the core of their program.

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Dawes is certified by the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and as a certified personal trainer (NSCA-CPT); by the American College of Sports Medicine as a Health Fitness Specialist (ACSM-HFS); and by the Australian Strength and Conditioning Association as a Level 2 strength and conditioning coach. He was also recognized as a Fellow of the NSCA (FNCSA) in 2009.

Dawes is the co-editor for the NSCA's *Developing Agility and Quickness* (Human Kinetics, 2012), co-author of *Maximum Interval Training* (Human Kinetics, 2015), and has written numerous book chapters and articles on improving sports and tactical performance. His primary research interests are improving performance for both sports and tactical performance among law enforcement officers.

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