

AGENDA - TRX® Group Training Course

Section	Start Time	Duration
Introduction and Goals	9:00am	35 minutes
TRX Procedure, Positions & Progressions- Group Application	9:35am	25 minutes
TRX® FIT Workout	10:00am	70 minutes
Break	11:10am	5 minutes
TRX® Group Coaching System Part 1	11:15am	75 minutes
Lunch	12:30am	45 minutes
TRX® Group Coaching System Part 2	1:15pm	25 minutes
TRX® Trainer Resources	1:40pm	15 minutes
TRX® Foundational Movement Identification	1:55pm	60 minutes
Break	2:55 pm	5 minutes
TRX® Strong Workout	3:00 pm	75 minutes
TRX® Fit Workout Frame Up & Warm Up	4:15pm	20 minutes
TRX® Fit vs. Strong Workout Templates	4:35pm	15 minutes
Wrap Up	4:50pm	10 minutes
Course Duration: Approximately 8 hours		