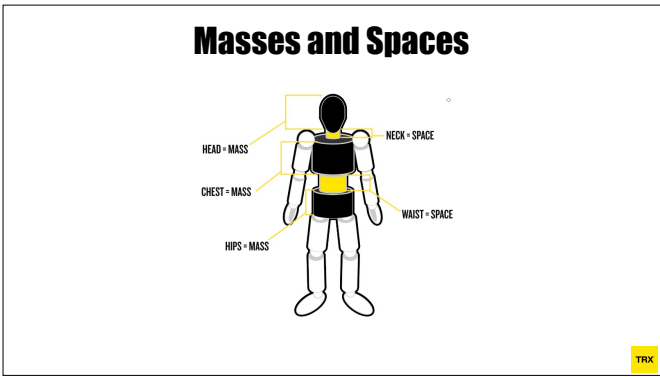




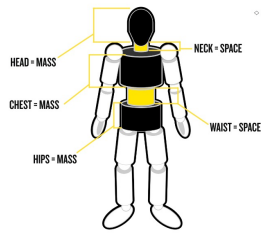
THE EVOLUTION OF SUSPENSION TRAINING

Shana Verstegen
TRX Master Instructor
www.trxtraining.com
www.shanaverstegen.com

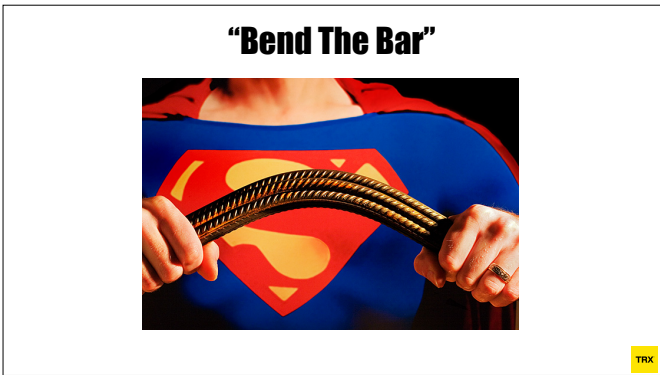
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Masses and Spaces



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"Bend The Bar"



TRX

"Tear The Floor"



TRX

"Juice the Oranges"



TRX

"Elbow Pits Forward"



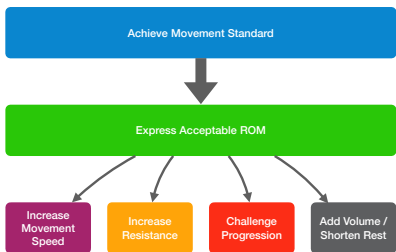
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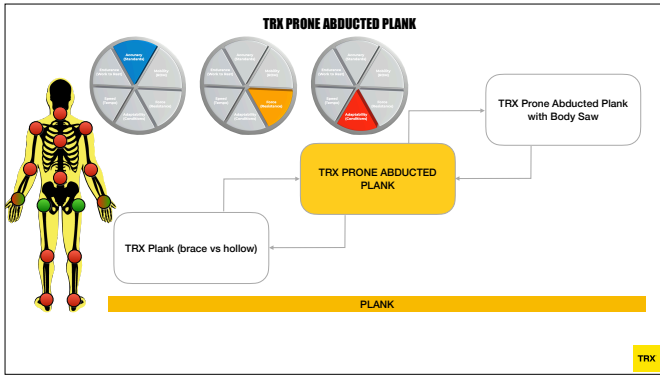
Critical Cueing



MOVEMENT MODIFICATION METHODOLOGY







TRX PRONE ABDUCTED PLANK

Body Check What "Right" looks like	Common Fault	Swing Thought (What "Right" feels like)
Are your ears in line with your shoulders or is your chin "jutting" out	Loss of neck space. Head position out of alignment with neck extended toward ground	Maintain your neck space Look 3 feet in front of your hands/elbows
Should feel rock solid on the way back. If you feel your pelvis "pop" toward the ground you've gone too far	Anterior tilt of pelvis during motion	Keep the water in the bucket Apples not applesauce High tension - "Punch in the stomach" on the way back
Is your body like a surfboard?	Elevated hips	Be as long as you can from head to heels
Active pressure into the ground. Do you feel like you are pushing the ground away from you.	Loss of control of shoulder girdle	Squish the oranges Tear the paper (hands) Elbow pits forward

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