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Suspension training - wikipedia, the free encyclopedia

The field of suspension training is a form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements

Gear guide: trx suspension trainer - health.com

May 11, 2011 Last month, I tried a workout so challenging that when I finished, I swear even my eyebrows hurt. I hadn't expected that. The TRX Suspension Trainer is

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