

The TRX Suspension Trainer now at Body by Kris

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Body by Kris has introduced the TRX Suspension Trainer to their training studio and gym. The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and the user's bodyweight to perform hundreds of exercises. The user is in control of how much they want to challenge themselves on each exercise – they can simply adjust their body position to add or decrease resistance.

The TRX Suspension Trainer delivers a fast and effective total body workout, helping to build a rock-solid core. The TRX Suspension Trainer has also been proven to increase muscular endurance and it can benefit people at varying levels of fitness – whether you are a beginner or a pro-athlete, the way the TRX Suspension Trainer works allows each person to get the most out of the equipment. Because you utilise

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your own bodyweight, the TRX Suspension Trainer provides greater performance and functionality than large exercise machines.

Body By Kris offers personal TRX training sessions with their trainers who specialise in TRX training. The personal, one-on-one sessions will be available throughout January 2013.

Body by Kris also provides free health checks from Lanka Hospitals and free vouchers from Tony & Dee Salon to its members.