TRX

ELEVATING YOUR FITNESS

THE TRX ULTIMATE PULL-UP/DIP TRAINER



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“THE TRX ULTIMATE PULL-UP/DIP TRAINER IS MY GO-TO FOR RING DIPS, MUSCLE-UPS AND OTHER GYMNASTICS EXERCISES. IT’S ALSO THE FIRST THING I PUT IN MY BAG WHEN I’M TRAVELING SO I CAN GET A GOOD WORKOUT IN ANYWHERE, ANYTIME.”

- **Kari Pearce**, two-time CrossFit Games competitor



"WITH THE TRX ULTIMATE PULL-UP/DIP TRAINER, YOU GET ALL OF THE UTILITY THAT GYMNASTICS RINGS OFFER WITH THE ADDED BENEFITS OF ADJUSTABILITY AND AN ERGONOMIC DESIGN THAT'S EASIER ON THE SHOULDERS AND WRISTS."

- **Dr. Kelly Starrett**, creator of MobilityWOD and author of the NYT bestseller Becoming Supple Leopard



“EVERY TIME YOU LEAVE THE GYM YOU SHOULD BE A BIT MORE MOBILE AND A LITTLE STRONGER. THE TRX ULTIMATE PULL-UP/DIP TRAINER HELPS YOU CHECK BOTH BOXES.”

- Chris Frankel, TRX Head of Human Performance

THE NEW GO-ANYWHERE, DO-EVERYTHING WORKOUT



TRX Ultimate Pull-up/Dip Trainer 101

Here are the answers to some of the most common questions people ask about the TRX Ultimate Pull-up/Dip Trainer:

HOW CAN TRX SUSPENSION TRAINING HELP ME MEET MY HEALTH AND FITNESS GOALS?



How many times have you made the excuse, "I don't have time to work out today"? In today's always on, always connected and always contactable world, we all seem to be increasingly sucked into the cult of busyness. And often it's physical activity that's the first thing to go. This is reflected in the alarming statistic that less than 22 percent of Americans meet physical activity guideline minimums for aerobic and strength training. This shows that we carve out more and more time for updating our social media profiles, responding to texts and replying to emails, but devote less and less to our health and wellbeing.

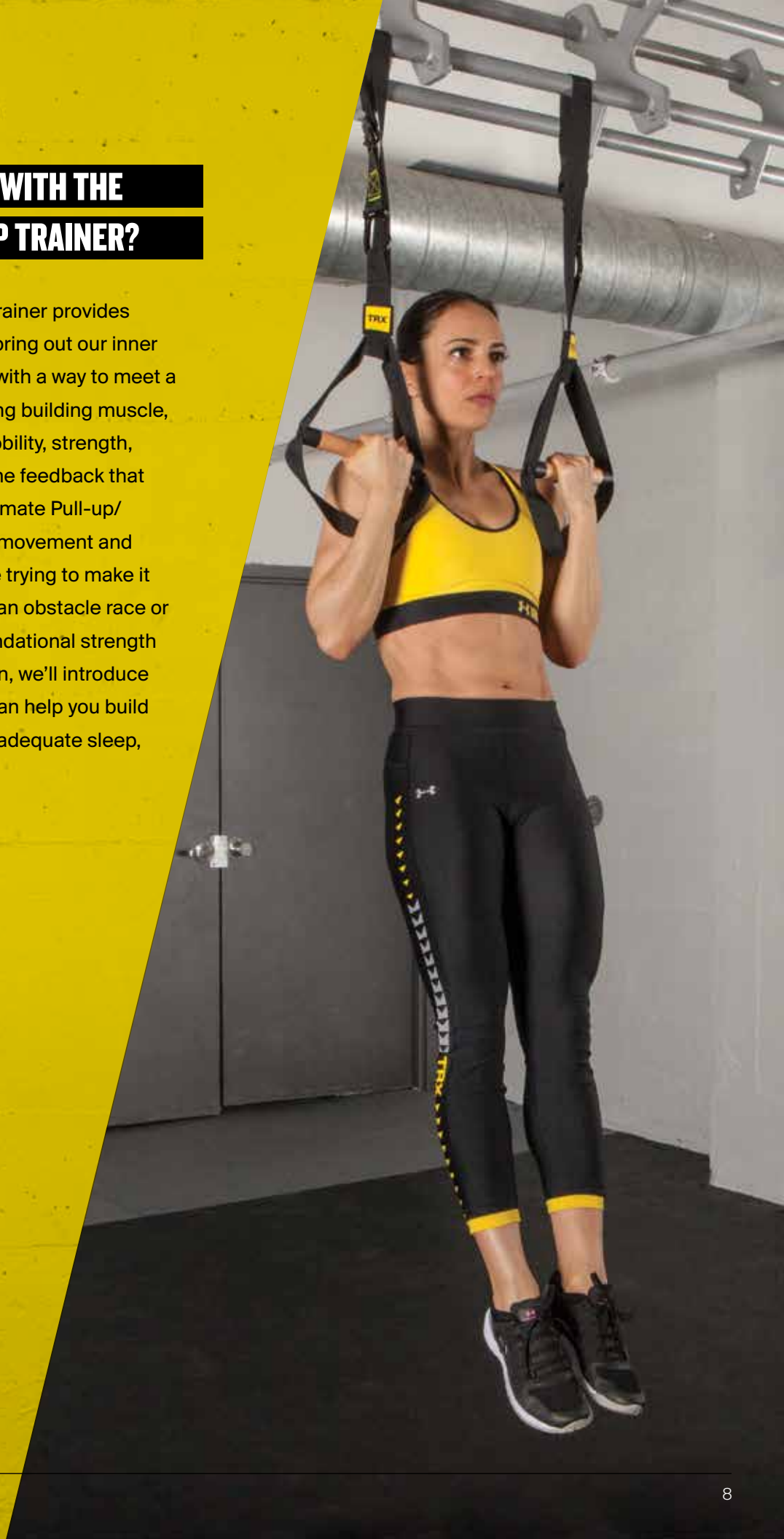
Even those of us who make an effort to train regularly need to find more efficient and effective ways to fit exercise into our hectic lifestyles in an intentional way that helps us meet our goals and be more productive in our personal and professional lives. This is one of the reasons TRX founder and CEO Randy Hetrick created the original TRX Suspension Trainer in 1997 while serving as a Navy SEAL. Initially, this was a go-anywhere, do-anything system built for use by troops in forward operating positions who needed to maintain physical readiness but lacked access to versatile tools that would enable them to do so. When he left the military, Randy quickly realized that while everyday folks weren't preparing to go into battle, they faced many of the same challenges when it came to their fitness.

20 years on, TRX is changing the game again. The new TRX Ultimate Pull-up/Dip Trainer offers the same versatility as the original Suspension Trainer, with the complementary benefit of being able to do pull-ups, dips, muscle-ups and other key traditional gymnastic-based strength training moves with an easy-to-use, portable and effective strap system.

Created with the expert input of Dr. Kelly Starrett, founder of MobilityWOD and author of the New York Times best-selling books Becoming a Supple Leopard, Ready to Run and Deskbound, the TRX Ultimate Pull-up/Dip Trainer empowers everyone from the pros to weekend warriors – plus the actual warriors in our tactical community – to tap into greater levels of strength, mobility and endurance. The TRX Ultimate Pull-up/Dip Trainer's unique, patent-pending design is just as effective in a CrossFit box as it is in a home gym or team training facility. Read on to discover why the TRX Ultimate Pull-up/Dip Trainer deserves to be your next investment in your health.

CAN I BUILD LEAN MUSCLE WITH THE TRX ULTIMATE PULL-UP/DIP TRAINER?

Yes. The TRX Ultimate Pull-up/Dip Trainer provides athletes, and those of us striving to bring out our inner athlete, of all ages and ability levels with a way to meet a broad range of fitness goals, including building muscle, burning body fat, and developing mobility, strength, power and endurance. Because of the feedback that you get from the dual straps, the Ultimate Pull-up/Dip Trainer encourages high quality movement and control from day one, whether you're trying to make it to CrossFit Regionals, preparing for an obstacle race or just getting used to some of the foundational strength training exercises. In the next section, we'll introduce some exercises and workouts that can help you build lean muscle, assuming that you get adequate sleep, recovery and nutrition.





WHAT IF I ALREADY HAVE A TRX SUSPENSION TRAINER?

With the TRX Suspension Trainer and Ultimate Pull-up/Dip Trainer, it's not an "either/or" scenario. The original Suspension Trainer was designed to offer a complete workout and now offers an exercise library of more than 500 movements that you can incorporate into individual or group training. It's still the go-to tool for scaling exercises and opening up almost limitless options for body weight training.

As a complementary solution, the TRX Ultimate Pull-up/Dip Trainer provides additional stability from the top down to enable pull-ups/muscle-ups without unwanted handle rotation, as well as exercises like dips, chest presses and L-sits. The Ultimate Pull-up/Dip Trainer is designed to make dynamic and static strength training exercises more accessible with greater range of motion, and to improve the safety and quality of performing them.

It is typical for fitness enthusiasts, trainers and coaches to use both systems during sessions, and moving their athletes and clients between TRX Suspension Trainer and Ultimate Pull-up/Dip Trainer stations as part of circuits, depending on the workouts and their individual fitness levels or training goals. So even if you have a Suspension Trainer – or several if you're a gym owner or strength and conditioning coach – the Ultimate Pull-up/Dip Trainer is a worthwhile investment that will open up a whole new range of exercises that benefit you and/or your clients. And what if you don't have a TRX Suspension Trainer yet, well that's an easy fix also.



WHY SHOULD I CHOOSE THE TRX ULTIMATE PULL-UP/DIP TRAINER INSTEAD OF JUST BUYING GYMNASTICS RINGS?

The TRX Ultimate Pull-up/Dip Trainer has some similarities to gymnastics rings, in that they both have two handles, straps and anchor points and allow you to do some of the same exercises, such as dips, chest presses, rows, muscle-ups and pull-ups. Did you know, the original "swinging apparatus" which would become gymnastic rings initially had straight handles? One of the reasons that we created the Ultimate Pull-up/Dip Trainer was to help you overcome some of the common problems that many people have with circular ring design. If you use the two and compare your experiences, we think you'll notice that the TRX Ultimate Pull-up/Dip Trainer offers multiple unique advantages, including:

ERGONOMICS

Having started San Francisco CrossFit more than 10 years ago and conducted his Movement and Mobility seminars worldwide, Ultimate Pull-up/Dip Trainer co-creator Dr. Kelly Starrett has coached a broad spectrum of people across many thousands of hours. This led to the realization that rings can be the most risky and intimidating piece of equipment for the average gym goer. There are several reasons for this, such as the fact that many people have limited range of motion in their shoulders. But the rings themselves are not ergonomic and can make such an issue worse. A lot of people report having wrist, elbow and shoulder pain after training on the rings, as well as hot spots on their hands created by the rounded handle design. These issues can be exacerbated when you add more reps, sets and speed.

Kari Pearce, who has used rings from childhood, through her time as a collegiate gymnast and into her training as a two-time CrossFit Games competitor also said, "The shape of the rings at the top encourages you to reduce your range of motion. I see people only going part way down during their ring dips and then when it comes to competition, some of them can't handle doing a lot of dips quickly and end up tearing chest or shoulder muscles." Kari's advice? Do most of your dips and muscle-ups on the Ultimate Pull-up/Dip Trainer to encourage proper form and full range of motion, and just do enough on the rings to make sure you're used to them if you're going to be competing. Another advantage of using the Ultimate Pull-up/Dip Trainer is that the straight, ergonomic handles help you overcome the high pressure areas and hot spots that rings can create



PORTABILITY

Fitness enthusiasts, coaches and athletes often tell us that one of the biggest pluses of the Ultimate Pull-up/Dip Trainer is its portability. When we interviewed Kari she had traveled from her home in New Jersey to Ireland to compete in a CrossFit exhibition to raise money and awareness for Special Olympics Ireland. “The Ultimate Pull-up/Dip Trainer was one of the first things I put in my bag,” Kari said. “It’s small enough to take with me anywhere in the world and ensures that I’ll be able to get a great workout in no matter where I’m heading or what training facilities they have at the hotel.” Just as with our other TRX training systems, the Ultimate Pull-up/Dip Trainer can be easily coiled up to fit into a checked or carry-on bag, empowering you to take your gym with you anywhere, whether you’re traveling for business, pleasure or both.

ADJUSTABILITY

So-called “competition rings” are a bit easier to adjust than entry-level ones, but switching them between positions for different movements – such as high for pull-ups and a few inches above the ground for push-ups – is still tricky, time-consuming and can throw off the mojo of your workout. This is one of the challenges we sought to overcome with the Ultimate Pull-up/Dip Trainer, which offers an intuitive strap system that makes it quick and easy to make macro adjustments with the patent-pending Infinity Anchors and micro changes with the convenient and detachable Mobile Grips.

If you’ve used rings much, you’ll know how frustrating it is to change the length of each strap and to get both sides to line up. This wastes time and prevents you from maintaining the kind of intensity you might want when combining two different exercises – not to mention the sheer frustration of fiddling with the straps for several minutes. With the Ultimate Pull-up/Dip Trainer, such adjustments can be made in seconds, giving you back precious time and allowing you to switch rapidly between exercises or accommodate people of different heights and arm span quickly and easily.



VERSATILITY

One of the main limitations of gymnastics rings is that you can only manipulate them with your hands. This keeps you stuck with just a few exercises, making it hard to justify your investment and limiting the possibilities for each workout. In contrast, the unique design of the TRX Ultimate Pull-up/Dip Trainer, enables you to not only manipulate the handles but also put your feet securely in the TRX iconic Foot Cradles. This empowers you to execute a much broader range of movements safely, with the peace of mind that your feet won't slip out. For the first time, you can do mountain climbers, planks and many other movements in addition to those you're used to doing with rings. This makes the TRX Ultimate Pull-up/Dip Trainer better value and a more versatile training tool, no matter what your level of expertise or fitness goals are.

The TRX Ultimate Pull-up/Dip Trainer is also the perfect complement to the other tools in your CrossFit box, fitness studio, weight room or home gym. From kettlebells to barbells to medicine and slam balls to sleds and tires, it's easy to incorporate the Ultimate Pull-up/Dip Trainer in sessions that improve mobility, strength and power, boost skill development and hit new PRs. The Ultimate Pull-up/Dip Trainer is also handy for warm-up and movement preparation exercises that prime your body to perform at its peak, as well as, in mobility exercises that help you wind down after each workout. You'll see some suggestions on how to use this versatile system before, during and after training in the next chapter.

DURABILITY

To say we put the TRX Ultimate Pull-up/Dip Trainer through the ringer during the development stage is a big understatement. In addition to battle-testing it in pro and college team training facilities, with our tactical operators and at TRX HQ, we had Kelly Starrett and other high level CrossFit coaches beat the heck out of it at their boxes. Not surprisingly, when placed in commercial gyms and studios newbie gym goers and dedicated "fit-natics" find the Ultimate Pull-up/Dip Trainer more accessible and get to experience all the advantages the system provides. The result? A rugged design that can handle year after year of continual use in the toughest training settings on the planet. Not convinced? Then maybe our five-year warranty will help.

We also sent a fleet of Ultimate Pull-up/Dip Trainers into the field with a wide range of athletes. Including Kari Pearce. "I've put my TRX Ultimate Pull-up/Dip Trainer through a lot of abuse in the past year and it looks as good as new and functions the same as the first day I got it out of the box," she said. "I'm very rough on my equipment because of how much I train and how hard I push myself every day, and the Ultimate Pull-up/Dip Trainer has handled everything I can throw at it." So while we don't advise you put the Ultimate Pull-up/Dip Trainer in a blender like in one of those ridiculous YouTube durability test videos (iPhone smoothie, anyone?), we're confident that it will withstand the demands of your training for years to come.

HOW CAN THE ULTIMATE PULL-UP/DIP TRAINER HELP MY RING DIPS AND MUSCLE-UPS?

In addition to testing the Ultimate Pull-up/Dip Trainer with elite-level athletes like Kari and world-class coaches such as Kelly, we've also heard many success stories from mid-level athletes and newbies alike. One of the editors at the magazine Pop Sugar reached out to us because she wanted to meet a goal that had eluded her for years: doing a full pull-up. So we sent her an Ultimate Pull-up/Dip Trainer and waited to see how she'd get on. Here was her verdict: "The wooden handles allow for more stability, and the best part is that having this hanging up at home inspires me to do some pull-up practice whenever I see it. I can do three pull-ups now! A few months ago I couldn't even do one!"

The wrist, elbow and shoulder soreness that beginners often experience after doing pull-ups, dips and other exercises on a bar or with rings are a non-issue with the Ultimate Pull-up/Dip Trainer, due to its innovative and joint-friendly design. The way that the straps twist and sway provide immediate feedback that helps you get your body into the correct position to move safely and efficiently. So while we can't promise miracles, we can go ahead and say that if you'll put in consistent practice, the Ultimate Pull-up/Dip Trainer can help you get that first pull-up, dip or muscle-up, as well as improving the quality of other exercises.





I ALREADY HAVE RINGS IN MY GYM OR HOME GYM. WHY DO I NEED THE ULTIMATE PULL-UP/DIP TRAINER AS WELL?

If you already have rings at your CrossFit box, in your training studio or in your garage gym, there's no need to throw them out as they can still be a useful tool. But because the Ultimate Pull-up/Dip Trainer offers you the ability to perform the same exercises as you do on them more ergonomically and provides a whole new range of movements you can do with your feet in the Foot Cradles, you'll find numerous benefits from adding the Ultimate Pull-up/Dip Trainer to your setup.

Plus, as we mentioned earlier, when you're trying to combine multiple exercises in a session that require you to adjust the position of the handles, it's much easier and quicker to make such adjustments with the TRX Ultimate Pull-up/Dip Trainer. If you're a coach, this means that you can improve the quality of your sessions by eliminating unnecessary waiting around and will find it easier to begin and end your classes on time. If you're an athlete, you'll be able to get a high quality, intentional workout in a shorter amount of time with the Ultimate Pull-up/Dip Trainer, and incorporate a wider variety of exercises than you could perform with rings alone.

TRX ULTIMATE PULL-UP/DIP TRAINER EXERCISE LIBRARY



Now that we've explored some of the TRX Ultimate Pull-up/Dip Trainer's main features and benefits, let's get into how best to use it. In this section, you'll find a broad range of exercises that will help you enhance your existing workouts and create highly effective new ones to improve your performance and achieve your health and fitness goals. Click the exercise name to watch a video.

TRX Ultimate Pull-up/Dip Trainer "Practice Makes Permanent"

TRX ULTIMATE PULL-UP/DIP

DIP SERIES

TRX STATIC L SIT This is a great exercise to practice the top of the dip position and target your core.	
TRX JUMP DIPS Continue to build competence in the top position of the Dip, jump up and “touch” the end-range position.	
TRX NEGATIVE DIP Build competence at the top and bottom position of the dip with “negatives.” Keep elbows and wrists close to your sides to ensure proper mechanics.	
TRX DIP Put your dip together with strong focused movement. Checkpoints are shoulders below elbows at the bottom, elbows over wrists at the top and bottom, maintaining proper shoulder position throughout.	

TRX ULTIMATE PULL-UP/DIP

PULL-UP SERIES

TRX DUO TRAINER JUMPING PULL-UP HOLD

Jumping into and holding the top position builds end-range competency and strength. Hold for time or breaths to add volume.



TRX DUO TRAINER NEGATIVE PULL-UP

After building strength at the top of the pull-up, add in negatives as a progression to work towards full pull-ups. Jump up, hold briefly, then use a 3 to 5 second negative.



TRX DUO TRAINER PULL-UP

Put your pull-up together from a dead hang and finishing with a strong top position.



TRX DUO TRAINER "L" PULL-UP

Start from dead hang, with legs straight and toes pointed, lift legs into L and perform strict pull-up.



TRX ULTIMATE PULL-UP/DIP

CHEST PRESS SERIES



TRX DUO TRAINER STATIC PLANK HOLD

Squeeze your back, core, glutes, turn thumbs out to 11 & 1 o'clock, straighten elbows, keep hands under shoulders, and breathe.



TRX DUO TRAINER-PUSH POSITION HOLD/"ROCK BOTTOM HOLD"

Practice the bottom position with head and neck in neutral position, breathe into the back (upper and lower), elbows stacked over wrists in the bottom position, to exit - knee down or press back up to top.



TRX DUO TRAINER NEGATIVE PRESS

If you lack concentric control (transitional competence) in the press, work through the negative phase, 3-seconds down and pause at bottom, touch the deck with knees and re-set at the top to "enter" the movement with integrity.



TRX DUO TRAINER ROCK BOTTOM CHEST PRESS

After building competence in static positions, progress to dynamic range of motion , with the full press.



TRX ULTIMATE PULL-UP/DIP HANG SERIES

TRX DUO TRAINER- HANG-GRIPPING

Thumb under grip to maximize effectiveness.



TRX DUO TRAINER KNEELING ROLL OUT

Start from shoulders over wrists, move out into “superman” position to build competency in overhead position. Maintain neutral spine, braced core, and pull back to start position.



TRX DUO TRAINER HANG

Do not underestimate the effectiveness of strengthening your hang and over head positions. The hang works your grip, core, and mobility all at once. Make sure you maintain a full grip on the handle, do not let you grip start to open before you end the set.



TRX DUO TRAINER HANG PROGRESSIONS: KNEES TO CHEST TO L HANG

Progress from hanging by adding in lower body dynamics. Start by bringing one knee to chest, then alternate knees. Advance to both knees up at the same time, following with extending one leg out, and eventually extending both legs finishing in an L-hang.



TRX DUO TRAINER KNEES TO ELBOW

Start in proper hang position, toes pointed, glutes on, hammer position with handles. Bring both knees up toward elbows as you maintain the proper shoulder position. Using control, lower legs back down to starting position.



TRX DUO TRAINER HANGING MOUNTAIN CLIMBER

Start in static hang position then alternate each knee to elbow, pause briefly in end range.



TRX DUO TRAINER TOES-TO-HANDLES

This staple move for core, back, and grip strength is more effective once you have mastered the basics of the hang, knees to chest, and knees to elbows. Do not skip the progressions.

Maintain stability in the hang position, keep knees as straight as you can, bring your toes up close to the handles. Add a pause at the top for added challenge.



TRX ULTIMATE PULL-UP/DIP WORKOUTS



ROCK BOTTOM CHEST PRESS FINISHER

Exercise	Reps
Kneeling Roll Out	5
Plank Hold (top)	3 breaths
Kneeling Roll Out	4
Negative Press	3
Kneeling Roll Out	3
Rock Bottom Press	3-5
Kneeling Roll Out	2
Rock Bottom Press	3-5
Kneeling Roll Out	2
Negative Press	3
Plank Hold (top)	3 breaths

L-SIT AND ROCK BOTTOM FINISHER

Exercise	Reps
L-Sit	3-5 breaths
Rock Bottom Press	3-5
L-Sit	3-5 breaths
Negative Press	5
L-Sit	3-5 breaths
Rock Bottom Press	3-5

L-SIT AND CLOCK PRESS FINISHER

Exercise	Reps
L-Sit	3-5 breaths
Kneeling Roll Out	5
Rock Bottom Hold	5 breaths
Clock Press	3 each arm
Rock Bottom Press	3-5
L-Sit	3-5 breaths

DIP PREP WORK

Exercise	Reps
L-Sit	3-5 breaths
Jump Dip	5
Negative Dip	5
L-Sit	3-5 breaths
Jump Dip	5
Negative Dip	5

DIP FINISHER

Exercise	Reps
L-Sit	3-5 breaths x 3 sets
Jump Dip	5
Dip	3-5
L-Sit	3-5 breaths x sets
Negative Dip	3
Dip	3-5
Negative Dip	5
L-Sit	3-5 breaths x 3 sets

HANGING FINISHER

Exercise	Reps
Kneeling Rollout	3-5 breaths
Hang	5
Knees to chest	5
Knees to elbows	3-5 breaths
Negative Pull-up	5
Hanging Mt Climber	5
Negative Pull-up	

PULL-UP FINISHER

Exercise	Reps
Hang	5 breaths
Pull-up	Max
Toes to Handles	5-8
Pull-up	Max/2
Knees to elbows	5-8
Pull-up	Max
Toes to Handles	3-5
Pull-up	Max/2
Toes to Handles	5-8

PULL-UP + CORE FINISHER

Exercise	Reps
L Hang	5 breaths
Pull-up	Max
Hanging Mt Climber	6-8 cycles
L-Pull-up	Max
Knees to elbows	5-8
Pull-up	Max/2
Toes to Handles	3-5
L-Pull-up	Max/2
Toes to Handles	8-13

UPPER BODY BLAST

Exercise	Reps
Knees to elbows	8-13
Pull-up	Max
Toes to Handles	8-13
Pull-up	Max/2
Knees to chest	8-13
Dips	5-8
Negative Dips	3-5
Dips	3-5
L-Sit	5 breaths
Kneeling rollout	5
L-Sit	5 breaths
Kneeling rollout	5
Rock Bottom Press	Max
L-Sit	5 breaths
Kneeling rollout	5
L-Sit	5 breaths
Rock Bottom Press	Max