



The minimalist PT

How to maximise suspension training

Matt Gleed has represented TRX for 10 years and knows first-hand the benefits of suspension training for all types of fitness professionals and goals. Here, he shares some valuable insights.

Whether you are a personal trainer, group exercise instructor or strength and conditioning coach, we often share the same goal: to help our clients get results and make lasting positive behaviour change in order to live healthier, longer lives. Regardless of the different types of niggles and injuries we come across, our focus is to provide the proper exercises and movements to achieve the goal of optimal fitness.

Delivering effective cues and micro-progressions that maximise the effect of the chosen training method for each individual is

the ultimate goal. We know from the 'movement continuum theory' that if we improve movement, we improve results across all fitness characteristics, including flexibility, strength, adaptability, speed and endurance.

For a long time now, TRX has been a symbol of functional training and it supports all types of clients. I love to use suspension training with beginners, teaching them how to find the right amount of bodyweight to apply to exercises like rows and chest presses. The reason why these are go-to moves for beginners is the ability to get them moving with good body alignment and core activation and

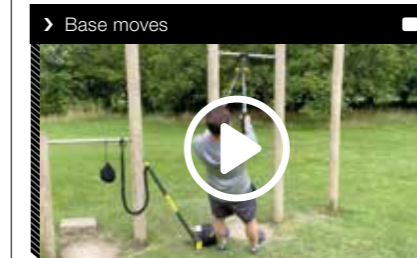
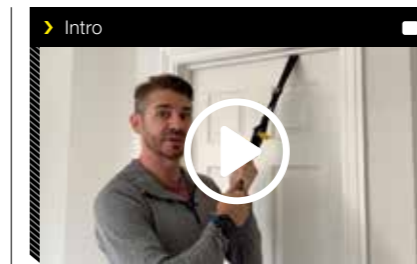
to get clients integrating so many muscles. I have found that many clients can't give me push-ups and pull-ups, especially at the start of their fitness journey, so to meet them at the start of their personal journey and coach form, from which I can progress intensity, is more up my street than to see them do reps of movement without focused form.

On top of this, the ability to progress the exercises is literally the easiest process possible, as stepping forwards and backwards creates such a difference. Then the various adaptations really come into a league of their own with the link to the client's goal.

For example, if there is a need to rebuild an amount of core strength after childbirth, we can change the stance of the feet to scale up intensity, or the need to get mobile lifting the child in and out of high chairs and lifting prams in and out of cars. I can replicate the motion by adding to the basic exercise or really ramp up the moves by linking lunges and hinges into a complex movement sequence.

The group class scene is one that some instructors have started to take suspension training into with huge success too. Circuits allow individual tweaks of the various progressions and soon become addictive as the classes combine cardiovascular improvements with a core feel to each strength exercise. In the most recent years, TRX for yoga has been offered to class timetables, supporting the goal of improving range of movements, challenging poses and supporting inversions and backbend practices.

“Having a suspension trainer hung over your door ready to go makes it a sought-after piece of equipment”



With the industry being forced into fully embracing digitalisation and home workouts almost overnight due to COVID-19, having a suspension trainer hung up over your door ready for your strength workout has made it an even more sought-after piece of training equipment. Get your phone or laptop set up to a TV and you are suddenly able to teach people of all abilities through a fun workout with no additional equipment required.

When the start of the lockdown came, I personally saw a lot of people doing bodyweight HIIT workouts and, within a week or two, many people had felt the effect of jumping around on unsprung floors with no

matting, but the world of yoga and Pilates saw a large increase in home workouts especially. For me, there is a direct link behind the message of 'movement matters' and getting people to move with purpose is so crucial. In my mind, suspension training links me to movements like yoga and Pilates but also allows me the ability to develop strength and, I promise you, seeing the way my heart rate can shoot up when I apply my large movements or plyometrics to the TRX workouts I do, it can really hit any fitness criteria.

It is clear why I am a big fan of the TRX straps but, ultimately, as a FitPro ambassador I want to help you get set up for success too. In these videos, you will see how to set up your suspension trainer at home and outside, how to adjust the strap height to perform different exercises and some basic moves, as well as my favourite exercises. **fp**

If you would like to get a TRX, head to the UK website and save some money using my discount code TRX15MATT to save 15% off all the equipment and education too. You can even pass the code onto clients if you would like to expand your outdoor workouts or explore furthering your business reach with some online training too.

BIOGRAPHY ▶

Matt Gleed is a leading fitness expert in the UK and a renowned master trainer. Matt has dominated the health and fitness space with award-winning work, including writing articles, expert comment, TV shows, podcasts, conference speaking engagements, online education delivery and social media workouts.

