



BACK TO MOTION PHYSICAL THERAPY

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Interested in a little TRX?



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TRX is an exercise system designed as a whole body workout, customizable for specific injuries and for sport. The TRX system uses a series of straps that are anchored overhead; body weight and positioning serve as the resistance. The straps can be used in different body positions to strengthen core, arm, leg, and trunk muscles in literally hundreds of ways! The system can also be used to help with stretching.



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We're looking to add a TRX class to our schedule. Please take a moment to fill out this form and let us know what days and times might work for you. Thanks!

Circle your preference(s):

Morning:

M Tu W Th F Sat

Lunch Hour:

M Tu W Th F

Evening:

Tu Th

Name: _____