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as: "TRX Pro system" "TRX Pro 3, TRX Pro 4" (varies by version) "TRX All in one" or just "TRX Pro" Basically, TRX Pro Kit is a lot similar to the TRX Home Kit. They both have the same barrel lock mechanism for easy adjustments and the extension line.

Which TRX Is The Best and Which To Buy? [ULTIMATE 2020 Guide]

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For ALL Skill Levels, ALL Health & Fitness Goals! Digital Workouts teach you to rapidly achieve incredible results: Build Muscle, Burn Fat, Strengthen Core, Increase Endurance & Improve Flexibility to Look & Feel Your Best! MOVEMENT-BASED TRAINING is the Cornerstone of TRX's Training Philosophy. Practice, Refine & Master 7 Simple Foundational Moves: Push, Pull, Plank, Squat, Lunge, Hinge & Rotate.

TRX ALL-IN-ONE Suspension Training System

This program is designed for total body fitness advancement using a TRX, anywhere. It has been specifically crafted to get you the 'beach body' by increasing your functional fitness strength, burning fat and challenging your muscles to develop an all-round lean, aesthetically shaped physique.