



TRX Training Program

Why:	To improve core strength and stability, and athletic performance
Who provided:	Certified fitness trainer
How (mode of delivery; individual or group):	The TRX Training Program was delivered face-to-face in a group setting. Participants trained together using TRX suspension trainers under the guidance of a certified TRX instructor. The group setting allowed for peer support and interaction, while the instructor provided personalized feedback and corrections as needed to ensure proper execution of the exercises.
Where:	Functional training room
When and how much:	The TRX Training Program was conducted twice a week, on Mondays and Thursdays from 17:30 to 18:30, over an eight-week period. Each session lasted 60 minutes and included eight exercises. Each exercise was performed for 40 seconds, followed by 20 seconds of rest, and repeated for three sets. The program followed a progressive approach, increasing difficulty every three weeks. Participants started with Level 1 (basic exercises), advanced to Level 2 (intermediate exercises), and reached Level 3 (advanced exercises) during the last two weeks.
Tailoring:	Progressive difficulty levels and tailored instructions for each exercise.
Modification:	NA
How well (planned):	The program was carefully planned to ensure that each session provided a balanced and progressive workout. The exercises were selected to target a wide range of muscle groups, with detailed instructions on rope height, body positioning, and movement execution. The instructor played a key role in maintaining the quality and fidelity of the program by ensuring that participants followed the prescribed progression and performed exercises correctly.
How well (actual):	Fidelity to the TRX Training Program was maintained by monitoring participants' attendance and adherence to the exercise protocols. All participants completed the program as designed. Any necessary adjustments, such as modifying an exercise for a participant's specific needs, were minor and did not impact the overall progression or intensity of the program. Compliance with the program was high, with participants regularly attending sessions and progressing through the exercise levels as planned.