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TRX is Essential for Bodybuilding by [Editor123](#)

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There is a leveraged bodyweight exercise that was born in the US Navy's Sea, Air and Land Teams (also known as Navy SEALs) that are the principal part of the navy's special operations force and the maritime component of the US Special Operations Command. This exercise was subsequently developed and is today set up as the portable TRX Suspension Trainer. You can perform more than three hundred exercises that will build power and strength besides flexibility and balance as well as mobility. It will also prevent injuries.

The TRX Suspension Training Pro Pack can be used in the home or outside the hotel room and just about anywhere you want. The TRX pack weighs less than 2 lb but delivers far greater performance and is much more functional than the larger exercise machines that cost thousands of dollars. You can set up TRX in just a few seconds and since it is a complete system that trains your entire body you need no other exercise equipment for training.

TRX helps you to train for a better game of golf, for mixed martial arts, tennis, team sports, multi-sports/endurance and the military. TRX Suspension Training will actually help you improve your game of golf or tennis. The training system has the versatility of total mobility. The TRX Suspension Training Pro Pack fits in a package as small as a lunch bag and can be secured to any anchor point. Rated up to 1000 lb you can also order the door anchor separately.

While you are bodybuilding with TRX there is another important area that you can't ignore and that is the area of Bodybuilding Nutrition . One of the best in the field is 100% whey that is useful for building muscles as well as shedding extra fat. There are various options in this such as Optimum Nutrition 100% Any whey protein that comes in 60 servings. There's a 4 lb pack of 100% Casein Natural as well as 3 lb pack of 100% Natural Oats and Whey and 100% Soy protein in the 2 lb pack that are all good options.

One can also try the Optimum Nutrition 100% Whey Gold Standard available in 10 lb pack that is great for Bodybuilding Nutrition. Another option is the 100% Whey Crisp Bar that comes in a pack of 12 bars with 25 gm of all whey protein, 34 gm of carbohydrates, 2.5 gm of fat and only 7 gm of sugar. It is great to taste and food for powering up and recovery; or replenishing after the workout and is high quality protein while you are on the go.

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This article is contributed by a professional article writer and has been efficient in providing useful information about a [100% Whey Gold](#) , a [Protein Bar](#) For more information you can visit: <http://fitlion.com>

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