



PROVEN GEAR FOR THE TACTICAL ATHLETE



General Services Administration
Federal Acquisition Service
Authorized Federal Supply Schedule Price List

Federal Supply Schedule: 78 Sports, Promotional, Outdoor, Recreation, Trophies and Signs
Special Item Number (SIN): 192 08 Fitness Equipment

Contract Number: GS-03F-0097T
Current Contract Period: 15 August 2007 through 14 August 2022
(With One Additional 5-Year Option Period)

Fitness Anywhere, LLC (doing business as [dba] TRX)

1660 Pacific Avenue, San Francisco, CA 94109
Attn.: Ben Carter, Program Manager

Business Size: Small

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through GSA Advantage!®: <http://www.gsaadvantage.gov>.



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CUSTOMER ORDERING INFORMATION

General Services Administration, Federal Acquisition Service
 AUTHORIZED FEDERAL SUPPLY SCHEDULE PRICE LIST

Federal Supply Schedule 78: Sports, Promotional, Outdoor, Recreation, Trophies and Signs

Contract Number: GS-03F-0097T

Contract Period: August 15, 2007 – August 14, 2022

Current GSA Price List: Fitness Anywhere LLC (dba TRX) GSA Price List, August 1, 2017

Contractor Information

<u>Sales</u>	<u>Contractor Information</u>
<p>Name: Fitness Anywhere LLC (dba TRX) 1660 Pacific Avenue San Francisco, CA 94109 Phone: (415) 640-6382 Fax: (415) 358-9090 Email: government_sales@trxtraining.com Web: www.trxtraining.com Type: Small Business</p>	<p>Ben Carter, Authorized Negotiator 1660 Pacific Avenue San Francisco, CA 94109 Phone: (415) 640-6382 Fax: (415) 358-9090 Email: bcarter@trxtraining.com</p>

Customer Information

1a. Awarded Special Item Number (SIN): 192-08 Fitness Equipment

1b. Lowest priced model number and price for each SIN

<u>SIN</u>	<u>Model</u>	<u>Price</u>
192-08	TSMDVD2	\$219.95

2. Maximum Order: \$150,000

3. Minimum Order: None

4. Geographic Coverage: Worldwide

5. Point of Production: USA; Dominican Republic

6. Discount from Commercial Prices: Prices reflect 12% - 50% discount (exclusive of GSA 0.75% IFF)

7. Quantity/Volume Discount(s):

TRX offers volume discounts that apply to Delivery Orders (DOs) under this Schedule. Discounts are applied to individual DOs based on the total value of the DO. Volume is not cumulative on the Schedule; it is measured per individual DO. The following volume discounts will be applied to DOs:

Order Value	Volume Discount
\$0-\$50,000	0%
\$50,000-\$100,000	2%
\$100,000-\$150,000	4%
\$150,000 +	5%

8. **Prompt Payment Terms:** N/A
- 9a. **Government Purchase Cards accepted at or below the micro-purchase threshold:** Yes
- 9b. **Government Purchase Cards accepted above the micro-purchase threshold:** Yes
10. **Foreign Items:** None
- 11a. **Time of Delivery:** Varies by product. Contact Contractor for details.
- 11b. **Expedited Delivery:** Contact Contractor for availability and rate.
- 11c. **Overnight and 2-Day Delivery:** Contact Contractor for availability and rates
- 11d. **Urgent Requirements:** Agencies should contact Contractor to coordinate faster delivery
12. **FOB Point:** FOB Origin
13. **Ordering Address:** Same as Contractor
14. **Payment Address:** Same as Contractor
15. **Warranty Provision:** Standard Commercial Warranty
16. **Export Packing Charges:** N/A
17. **Terms and conditions of Government Purchase Card acceptance:** Accepted. Contact Contractor for large orders.
18. **Terms and conditions of rental, maintenance, and repair:** N/A
19. **Terms and conditions of installation:** N/A
- 20a. **Terms and conditions of repair parts indicating date of parts price lists and any discounts from list prices:** N/A
- 20b. **Terms and conditions for any other service:** N/A
21. **List of service and distribution points:** N/A
22. **List of participating dealers:**
 - FEDERAL RESOURCES SUPPLY COMPANY
235-G Log Canoe Circle
Stevensville, MD 21666
(800) 892-1099 main
(850) 843-1548 desk
POC: Joanne Hall / joanne.hall@federalresources.com

 - SAMPSON PARTNERS LLC (dba TACTICAL FITNESS GSA)
2244 South Brook Drive
Fleming Island, FL 32003
(800) 785-9073
POC: Mike Schopp / mschopp@tacticalfitnessgsa.com
23. **Preventative maintenance:** N/A
- 24a. **Special attributes:** N/A
- 24b. **Section 508 compliance for EIT:** N/A
25. **DUNS number:** 968077730
26. **Notification regarding CCR database registration:** Current registration in SAM.gov

THE TRX TRAINING ADVANTAGE

TRX offers unmatched functional training solutions for the U.S. Government. Our GSA schedule offers a total training solution, with the equipment, training, and education required to support all branches of military service, Federal law enforcement, military and Veterans Administration hospitals, and the first-responder community.

TRX was born in the Military.

While tucked away in safe houses, ships and subs for extended periods, Randy Hetrick and his Navy SEAL teammates needed a way to stay combat ready. Using a jui-jitsu belt, parachute harness webbing, rubber boat tools and sheer creativity, Randy created the first TRX Suspension Trainer.

Designed specifically for military users in every branch of the armed forces, TRX Training has been the solution for tactical athletes ranging from conventional forces to elite Special Warfare teams. At home and deployed, operators of all ranks across all branches of service have chosen TRX Training as their fitness, wellness and rehabilitation solution.

TRX is the industry standard in functional training.

Today, TRX is one of the most widely recognized fitness solutions in the world. TRX is found in more than 40 thousand gyms around the world, with usage by an estimated 25 million gym members. TRX is also used by elite professional athletes, including 99 percent of National Football League, Major League Baseball, National Basketball Association, and National Hockey League teams. More than 250 thousand instructors, coaches, and personal trainers have been trained through the TRX education courses.

TRX has proudly served the U.S. Military since 2007.

For more than ten years, TRX has executed thousands of U.S. government contracts throughout every branch of the military, demonstrating the corporate expertise to deliver TRX equipment, customized training programs and exclusive on-site education courses to meet operational requirements anywhere in the world. Designed for peak operational readiness, our training solutions are-

- Highly effective for maximum results
- Safe to reduce training injury and speed recovery from on-the-job injury
- Mobile for training anywhere
- High quality for use in the most austere environments.

TRX's dedicated Government Sales Team is equipped to respond to orders of any size. Our team works with government buyers to verify all orders, customize equipment lists to fit specific mission requirements, and quickly delivery our solutions to all CONUS and OCONUS locations. Our Team has experience meeting specialized logistics requirements to package, mark, and deliver equipment to operational units at U.S. military bases CONUS and OCONUS.

TRX FUNCTIONAL TRAINING SOLUTIONS

TRX invented Suspension Training. From there, we've gone on to innovate across a spectrum of functional fitness training gear and workouts. Our GSA schedule offers functional training solutions that scale to meet every mission requirement, including training equipment for individuals, Zone solutions for group training, instructor-led training classes, and train-the-trainer education.

Individual Training Equipment

Our essential training equipment are designed for and around the individual. Designed for use anywhere in any environment, the TRX FORCE KIT: TACTICAL Suspension Trainer and TRX RIP TRAINER are compact and portable. These self-contained products contain everything the tactical trainer needs.

TRX FORCE KIT: TACTICAL

[PART # TSMDVD2]



- The latest tactical version of the revolutionary bodyweight suspension training system invented by TRX
- Includes the TRX Tactical Conditioning Program—the most comprehensive workout program ever created for tactical athletes
- Ruggedized features to include rubber handles and adjustment D-Rings
- Lightweight for training anywhere, with no moving parts or pieces that could be subject to failure in harsh climates or after repeated use
- All-inclusive Kit contained in a lightweight mesh running bag, which can be worn on the back to hold all components of the Kit plus additional items
- Includes TRX Extender Strap for safely anchoring trainer in diverse environments
- Includes a mobile app code to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required)
- Components include: TRX Suspension Trainer, TRX Suspension Anchor, TRX Door Anchor, TRX Extender Strap, TRX FORCE Program Guide, TRX FORCE App Code, TRX FORCE Lightweight Running Bag.
- National Stock Number (NSN) 7830-01-597-4939
- Weight: 1.5lbs (Suspension Trainer); 3lbs (full kit with accessories)
- Standard delivery: 14 days after receipt of order (ARO)

TRX RIP TRAINER

[PART # TRXRIP-PACK]



- The innovative resistance cord system that creates a variable, unbalanced load, enabling the development of core strength, explosive power, flexibility and endurance through movement patterns related to everyday life and sport.
- Burn fat, build core strength, and develop rotational power, anywhere
- Included medium resistance cord provides 20 pounds of resistance, the perfect challenge for almost all fitness levels (lighter and heavier cords available)
- Easily portable and can be used by virtually anyone anywhere by attaching it to any secure anchor point (includes a protective foam door anchor)
- All-inclusive Kit contained in a lightweight carrying bag
- Includes a Rip Trainer Basic DVD with a 30-minute real-time workout as well as set up, safety and use instruction.
- Quick installation and self-training with included full color 25-page, 18-exercise workout reference guide.
- Weight: 6.5lbs
- Made in the USA
- Standard delivery: 14 days ARO

Training Zones

TRX offers Training Zone solutions that extend our individual TRX FORCE Suspension Trainer and TRX RIP TRAINER for effective group training. We offer full Zone packages with equipment, programming, and accessories. In addition, we list the stand-alone frames for purchase by units who already have an installed base of Suspension and Rip Trainers.

TRX FORCE ZONE

[PART # SEE BELOW¹]



- Versatile, rugged and functional Training Zone for group training
- Securely and safely anchors multiple TRX FORCE Suspension Trainers (included)
- Three size options to meet unit size and space requirements
- 10' suspension frame: 6-8 users; includes 6 TRX FORCE KIT: TACTICAL
- 20' suspension frame: 12-14 users; includes 12 TRX FORCE KIT: TACTICAL
- 30' suspension frame: 18-20 users; includes 18 TRX FORCE KIT: TACTICAL
- Ruggedized for indoor/outdoor use
- Package includes dip and pull-up bars, wall banners and signage
- Includes 8-hr Suspension Training Course (select either Group, Sports Med, Personal Trainer, or FORCE Operator Level 1) and two additional training programs
- Fully supported by an online community to ensure successful implementation
- Frame Weight: 485lbs (10'), 604lbs (20'), 722lbs (30')
- Frame Made in the USA
- Standard delivery: 14 days ARO (equipment)

¹ TRX FORCE ZONE – 10' SUSPENSION FRAME [PART # FTZ10M]
 TRX FORCE ZONE – 20' SUSPENSION FRAME [PART # FTZ20M]
 TRX FORCE ZONE – 30' SUSPENSION FRAME [PART # FTZ30M]

TRX RIP TRAINING ZONE

[PART # RTZ]



- Versatile, rugged and functional Training Zone for group TRX Rip Training
- Utilizes a common, secure anchor point for 10 TRX RIP TRAINERS (included) to develop rotational strength, speed and explosive power
- Constructed of powder-coated commercial grade steel and high quality hardware for indoor/outdoor use
- Base has wheels for portability and storage
- Package includes 8-hr TRX Rip Training Course
- Fully supported by an online community to ensure successful implementation
- Accommodates up to 10 simultaneous users
- Station Weight: 110lbs
- Made in the USA
- Standard delivery: 14 days ARO (equipment)

TRX MILITARY SUSPENSION FRAME**[PART # SEE BELOW²]**

- Versatile, rugged and functional anchoring solution for group training
- Note: Includes suspension frame only; excludes the accessories bundled with the TRX FORCE ZONE packages (FTZ10M, FTZ20M, FTZ30M)
- Ruggedized for indoor/outdoor use
- A-frame design allows for efficient training and includes dip and pull-up bars, as well as multiple accessory attachment points
- Secure and safe attachment points for TRX FORCE Suspension Trainers, TRX RIP TRAINERS, heavy bags, hanging exercises, bands, battling ropes, castor wheels and more (individual accessories purchased separately)
- Three size options to meet unit size and space requirements
- 10' suspension frame: 6-8 users
- 20' suspension frame: 12-14 users
- 30' suspension frame: 18-20 users
- Weight: 485lbs (10'), 604lbs (20'), 722lbs (30')
- Made in the USA
- Standard delivery: 14 days ARO

² TRX MILITARY SUSPENSION FRAME - 10' [PART # SFRAME-STD-10]

TRX MILITARY SUSPENSION FRAME - 20' [PART # SFRAME-STD-20]

TRX MILITARY SUSPENSION FRAME - 30' [PART # SFRAME-STD-30]

TRX RIP GROUP TRAINING STATION**[PART # TRXRIP-GRPSTAND3]**

- Versatile, rugged and functional Training Zone for group TRX Rip Training
- Note: Includes training station only; excludes the accessories bundled with the TRX RIP TRAINING ZONE package (RTZ)
- Utilizes a common, secure anchor point for 10 TRX RIP TRAINERS (not included) to develop rotational strength, speed and explosive power
- Constructed of powder-coated commercial grade steel and high quality hardware for indoor/outdoor use
- Base has wheels for portability and storage
- Accommodates up to 10 users.
- Weight: 110lbs
- Made in the USA
- Standard delivery: 14 days ARO

Tactical Training Solutions

The TRX Tactical Training Boxes and Lockers create or extend group training spaces beyond the walls of a traditional fitness facility. These transportable, self-contained solutions incorporate our signature TRX Suspension Trainers and TRX Rip Trainers and are ideal for units that have limited space or operate primarily in expeditionary environments.

TRX TACTICAL TRAINING BOX (HEAVY)

[PART # TRXTTB-H-BDL]



- Fully-deployable multi-modal training center, including the essential equipment for up to 10 users to conduct circuit training
- Designed specifically for operational units that have limited space or operate primarily in expeditionary environments
- Dual-tower functional training rig consists of 2" x 2" powder coated steel framing that supports 2 independent squat racks and 4 chin-up stations
- Provides safe, secure anchoring for 2 TRX Suspension Trainers and 2 TRX Rip Trainers (included)
- Includes 50 mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required), providing training reinforcement in high-turnover training environments
- Training center unpacks and anchors to the steel chest in 20 minutes
- All equipment breaks down quickly and stores securely in a 16-gauge, heavy-duty steel chest, which fits inside virtually all military vehicles and shipping containers making the box easily transportable
- Designed around our patented Lift / Move / Recover tactical training program
- Fully loaded with 20+ pieces of essential TRX and Sorinex gear (e.g., TRX Suspension Trainers, TRX Rip Trainers, Ultimate Sandbag, Battle Rope, Two-Piece Breakdown Olympic Bar, Bumper Plates, Kettle Bells, Stretching Bands, and Trigger Bar Recovery Tool)
- Ask for itemized equipment list, including quantities and customization options
- Weight: 1195lbs
- Made in the USA
- Standard delivery: Varies by destination; contact TRX for information

TRX TACTICAL TRAINING BOX (LIGHT)

[PART # TRXTTB-LD]



- Fully-deployable multi-modal training center, consisting of a dual-tower functional training rig with 2" x 2" powder coated steel framing that supports 2 independent squat racks and 4 chin-up stations
- Note: Includes box and frame; excludes the full accessories bundled with the TRX TACTICAL TRAINING BOX (HEAVY) package (TRXTTB-H)
- Designed specifically for operational units that have limited space or operate primarily in expeditionary environments
- Provides safe, secure anchoring for TRX Suspension Trainers and TRX Rip Trainers (purchased separately)
- Training center unpacks and anchors to the steel chest in 20 minutes
- All equipment breaks down quickly and stores securely in a 16-gauge, heavy-duty steel chest, which fits inside virtually all military vehicles and shipping containers making the box easily transportable
- Weight: 305lbs
- Made in the USA
- Standard delivery: Varies by destination; contact TRX for information

TRX 8-FOOT TACTICAL TRAINING LOCKER (HEAVY)**[PART # TRXTTL-H-BDL]**

- Fully deployable, self-contained elite training solution, delivering the fully-integrated gear, programming, and education required to support operational readiness anywhere in the world
- 8-foot version includes the essential gear for 50 users to conduct circuit training using our patented Lift / Move / Recover tactical training program
- Designed specifically for operational units that have limited space or operate primarily in expeditionary environments
- Provides safe, secure anchoring for 6 TRX Suspension Trainers and 4 TRX Rip Trainers (included)—the industry standard for fitness safety and effectiveness
- Includes 200 mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required), providing training reinforcement in high-turnover training environments
- Training rig unpacks and anchors to the container in approx. 90 minutes, with adjustable stabilizing feet for stability on uneven ground
- All equipment breaks down quickly and stores securely in a standard-sized, weatherproof 8-foot Tricon ISO container, custom fabricated with an innovative internal E-Track for secure, low-profile storage for an operational unit on the move
- External functional training rig consists of 3" x 3" powder coated steel racks that supports 3 separate fully functional squat racks and 7 chin up stations
- Fully loaded with 90+ pieces of essential TRX and Sorinex gear (e.g., TRX Suspension Trainers, TRX Rip Trainers, Ultimate Sandbag, Battle Rope, Olympic Bar, Bumper Plates, Kettle Bells, Stretching Bands, and Trigger Bar Recovery Tool)
- Ask for itemized equipment list, including quantities and customization options
- Weight: 6839lbs
- Made in the USA
- Standard delivery: Varies by destination; contact TRX for information

TRX 8-FOOT TACTICAL TRAINING LOCKER (LIGHT)**[PART # TRXTTL-L-BDL]**

- Streamlined gear load version of our fully deployable, self-contained elite training solution, delivering the fully-integrated gear, programming, and education required to support operational readiness anywhere in the world
- Allows multiple users to conduct circuit training using our patented Lift / Move / Recover tactical training program
- Designed specifically for operational units that have limited space or operate primarily in expeditionary environments
- External functional training rig consists of 3" x 3" powder coated steel racks that supports 3 separate fully functional squat racks and 7 chin up stations
- Provides safe, secure anchoring for 4 TRX Suspension Trainers and 2 TRX Rip Trainers (included) —the industry standard for fitness safety and effectiveness
- Includes 200 mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required), providing training reinforcement in high-turnover training environments
- Training rig unpacks and anchors to the container in approx. 90 minutes, with adjustable stabilizing feet for stability on uneven ground
- All equipment breaks down quickly and stores securely in a standard-sized, weatherproof 8-foot Tricon ISO container, custom fabricated with an innovative internal E-Track for secure, low-profile storage for an operational unit on the move

- Includes 10+ pieces of essential TRX and Sorinex gear (e.g., TRX Suspension Trainers, TRX Rip Trainers, Trigger Bar Recovery Tool)
- Ask for itemized equipment list, including quantities and customization options
- Weight: 3772lbs
- Made in the USA
- Standard delivery: Varies by destination; contact TRX for information

TRX 10-FOOT TACTICAL TRAINING LOCKER

[PART # TRXTTL-H10-BDL]



- Fully deployable, elite self-contained training solution, delivering the fully-integrated gear, programming, and education required to support operational readiness anywhere in the world
- 10-foot version includes the essential gear for 60 users to conduct circuit training using our patented Lift / Move / Recover tactical training program
- Designed specifically for operational units that have limited space or operate primarily in expeditionary environments
- Provides safe, secure anchoring for 6 TRX Suspension Trainers and 4 TRX Rip Trainers (included) —the industry standard for fitness safety and effectiveness
- Includes 200 mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required), providing training reinforcement in high-turnover training environments
- Training rig unpacks and anchors to the container in approx. 90 minutes, with adjustable stabilizing feet for stability on uneven ground
- All equipment breaks down quickly and stores securely in a standard-sized, weatherproof 10-foot Bicon ISO container, custom fabricated with an innovative internal E-Track system for secure, low-profile storage for an operational unit on the move
- External functional training rig consists of 3" x 3" powder coated steel racks that supports 3 separate fully functional squat racks and 7 chin up stations
- Fully loaded with 90+ pieces of essential TRX and Sorinex gear (e.g., TRX Suspension Trainers, TRX Rip Trainers, Ultimate Sandbag, Battle Rope, Olympic Bar, Bumper Plates, Kettle Bells, Stretching Bands, and Trigger Bar Recovery Tool)
- Ask for itemized equipment list, including quantities and customization options
- Weight: 7360lbs
- Made in the USA
- Standard delivery: Varies by destination; contact TRX for information

TRX 20-FOOT TACTICAL TRAINING LOCKER

[PART # TRXTTL-H20-BDL]



- Fully deployable, self-contained elite training solution, delivering the fully-integrated gear, programming, and education required to support operational readiness anywhere in the world
- 20-foot version includes the essential gear for 80 users to conduct circuit training using our patented Lift / Move / Recover tactical training program
- Designed specifically for operational units that have limited space or operate primarily in expeditionary environments
- Provides safe, secure anchoring for 12 TRX Suspension Trainers and 8 TRX Rip Trainers (included) —the industry standard for fitness safety and effectiveness
- Includes 300 mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required), providing training

- reinforcement in high-turnover training environments
- Training rig unpacks and anchors to the container in approx. 90 minutes, with adjustable stabilizing feet for stability on uneven ground
- All equipment breaks down quickly and stores securely in a standard-sized, weatherproof 20-foot ISO container, custom fabricated with an innovative internal E-Track for secure, low-profile storage for an operational unit on the move
- External functional training rig consists of 3" x 3" powder coated steel racks that supports 5 separate fully functional squat racks and 12 chin up stations
- Fully loaded with 180+ pieces of essential TRX and Sorinex gear (e.g., TRX Suspension Trainers, TRX Rip Trainers, Ultimate Sandbag, Battle Rope, Olympic Bar, Bumper Plates, Kettle Bells, Stretching Bands, and Trigger Bar Recovery Tool)
- Ask for itemized equipment list, including quantities and customization options
- Weight: 14000lbs
- Made in the USA
- Standard delivery: Varies by destination; contact TRX for information

TRX Tactical Education Courses

TRX Tactical Education delivers a movement-based training curriculum that provides trainers with a progressive and systematic approach to instructing TRX Foundational Movements. Our movement-based curriculum enables trainers to Move Better, Train Better, and ultimately, Coach Better.

TRX TACTICAL SUSPENSION TRAINING COURSE [PART # SEE BELOW³]

- Eight (8) hour introductory train-the-trainer course teaches the fundamentals of TRX Suspension Training
- Hands-on practice to teach participants how to incorporate suspension training into personal training routines
- Upon completion, participants will be able to properly perform a variety of Suspension Training exercises, progress and regress exercises for all fitness levels, adjust resistance and stability for all exercises, cue and correct common faults, and correctly set up and use the TRX Suspension Trainer
- Upon completion, participants will be a TRX Qualified Trainer and will receive an electronic TRX Qualification
- Includes comprehensive digital TRX course manual
- Taught by a TRX Master Trainer
- Delivered on-site at the government location and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Prerequisites: None
- Tiered pricing for 10-20 students to fit unit needs

³ TRX TACTICAL SUSPENSION TRAINING COURSE (10 STUDENTS) [PART # STC-EX-10-GOV]
 TRX TACTICAL SUSPENSION TRAINING COURSE (15 STUDENTS) [PART # STC-EX-15-GOV]
 TRX TACTICAL SUSPENSION TRAINING COURSE (20 STUDENTS) [PART # STC-EX-20-GOV]

TRX TACTICAL FUNCTIONAL TRAINING COURSE [PART # SEE BELOW⁴]

- Eight (8) hour intermediate train-the-trainer course teaches to how to leverage TRX's movement based training approach on the TRX Suspension Trainer and TRX Rip Trainer to teach Foundational Movements and progressions and then apply to a variety of training equipment
- Training extends beyond Suspension Training and Rip Training to incorporate other modalities that may include: Kettlebells, Medicine Balls, DVRT Ultimate Sandbags, Battling Ropes and Bands.

- Upon completion, participants will be able to apply foundational movement methodology on the TRX Suspension Trainer and TRX Rip Trainer to better modify intensity for a variety of modalities
- Learn to integrate advanced TRX coaching and cueing techniques
- Learn to lead pre-programmed, multimodality, circuit-based training workouts
- Upon completion participants will be a TRX Qualified Trainer and will receive an electronic TRX Qualification
- Includes comprehensive digital TRX course manual
- Taught by a TRX Master Trainer
- Delivered on-site at the government location and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Prerequisites: None
- Tiered pricing for 10-20 students to fit unit needs

⁴ *TRX TACTICAL FUNCTIONAL TRAINING COURSE (10 STUDENTS) [PART # FTC-EX-10-GOV]*
TRX TACTICAL FUNCTIONAL TRAINING COURSE (15 STUDENTS) [PART # FTC-EX-15-GOV]
TRX TACTICAL FUNCTIONAL TRAINING COURSE (20 STUDENTS) [PART # FTC-EX-20-GOV]

TRX TACTICAL GROUP TRAINING COURSE

[PART # SEE BELOW⁵]

- Eight (8) hour advanced train-the-trainer course teaches how to lead and modify two group TRX Suspension Training workouts that can be used in any personal training and small or large group training sessions
- Participants evolve personal coaching techniques and learn to apply TRX's Group Coaching System to deliver quality suspension training workouts
- Participants learn to lead and build "drop-in" style suspension training workouts in two different formats: TRX Strong (a strength-based workout) and TRX Fit (a high-intensity interval workout)
- Upon completion of this course, participants will be able to successfully deliver a personalized, motivating group classes of varying fitness levels
- Upon completion participants will be a TRX Qualified Trainer and will receive an electronic TRX Qualification
- Includes comprehensive digital TRX course manual and pre-read material
- Taught by a TRX Master Trainer
- Delivered on-site at the government location and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Prerequisites: Completion of TRX Tactical Suspension Training Course is strongly recommended (or TRX Suspension Training Basics Digital Course)
- Tiered pricing for 10-20 students to fit unit needs

⁵ *TRX TACTICAL GROUP TRAINING COURSE (10 STUDENTS) [PART # GTC-EX-10-GOV]*
TRX TACTICAL GROUP TRAINING COURSE (15 STUDENTS) [PART # GTC-EX-15-GOV]
TRX TACTICAL GROUP TRAINING COURSE (20 STUDENTS) [PART # GTC-EX-20-GOV]

TRX TACTICAL RIP TRAINING COURSE

[PART # SEE BELOW⁶]

- Eight (8) hour advanced train-the-trainer course teaches Rip Training fundamentals and beyond
- Participants learn to progress and regress Rip Training movements for clients of all levels
- Participants learn how to use the Rip Trainer to deliver a dynamic total-body workout so they can integrate it into client training programs
- Upon completion of this course, participants can correctly set up and use the Rip Trainer in various environments, use the Rip Trainer to get a dynamic total body workout, and safely and effectively instruct others on the Rip Trainer, and clearly articulate the science and benefits behind Rip Training
- Upon completion, participants will be a TRX Qualified Trainer and will receive an electronic TRX Qualification
- Includes comprehensive digital TRX course manual and pre-read material
- Taught by a TRX Master Trainer

- Delivered on-site at the government location and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Prerequisites: None
- Tiered pricing for 10-20 students to fit unit needs

⁶ *TRX TACTICAL RIP TRAINING COURSE (10 STUDENTS) [PART # RTC-EX-10-GOV]*
TRX TACTICAL RIP TRAINING COURSE (15 STUDENTS) [PART # RTC-EX-15-GOV]
TRX TACTICAL RIP TRAINING COURSE (20 STUDENTS) [PART # RTC-EX-20-GOV]

TRX TACTICAL SPORTS MEDICINE SUSPENSION TRAINING COURSE [PART # SEE BELOW⁷]

- Eight (8) hour advanced train-the-trainer course teaches how to incorporate TRX Suspension Training exercises into patient pre-hab or post-rehab programs to build strength and reduce the chance of injuries
- Upon completion of this course, participants can implement appropriate TRX exercises and techniques for post-rehab clients through case scenario formats
- Learn to demonstrate and teach back course exercises and modifications
- Learn to provide preventative exercise applications for common musculoskeletal injuries
- Upon completion, participants will be a TRX Qualified Trainer and will receive an electronic TRX Qualification
- Includes TRX course manual
- Taught by a TRX Master Trainer
- Delivered on-site at the government location and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Prerequisites: Recommended that participants have previously taken a TRX Suspension Training Course, Group Suspension Training Course, Cardio Tennis Suspension Training Course, FORCE Operator Course, or TRX FORCE Level 2 Suspension Training Course
- Tiered pricing for individual-to-10 students to fit unit needs

⁷ *TRX TACTICAL SPORTS MEDICINE SUSPENSION TRAINING COURSE (10 STUDENTS) [PART # SMSTC-EX-10-GOV]*
TRX TACTICAL SPORTS MEDICINE SUSPENSION TRAINING COURSE (15 STUDENTS) [PART # SMSTC-EX-15-GOV]
TRX TACTICAL SPORTS MEDICINE SUSPENSION TRAINING COURSE (20 STUDENTS) [PART # SMSTC-EX-20-GOV]

TRX TACTICAL ADVANCED GROUP TRAINING COURSE [PART # SEE BELOW⁸]

- Two-day master-level train-the-trainer course provides a comprehensive mastery of group coaching techniques and programming methodology
- Small class sizes emphasize personalized and focused feedback with an emphasis on "experience matters" along with the science behind the programming
- Participants obtain the knowledge and skills to deliver the ultimate experience in group training
- Upon completion of this course, participants can fully apply TRX Foundational Movement Coaching, in small to large group settings
- Learn to encourage proper positioning and address common faults through cueing
- Learn to deliver individualized training experiences within group contexts
- Learn to address mobility/strength/motor control limitations quickly - for both large and small groups
- Learn to apply TRX training principles to other modalities
- Learn to evaluate the effectiveness of each workout through our TRX Programming Lenses
- Pre-work prepares participants for a teach-back assignment on Day 1 of the course
- Participants receive certification as TRX Certified Group Trainer following a PASS in the Live Teach Back Evaluations and a score of 80% or higher on the post-course online exam (to be completed within 30 days of the live course date)

- Taught by a TRX Master Trainer
- Delivered on-site at the government location and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Includes electronic pre-study material, hard-copy course manual, 18-hours of live onsite education, and post-course theoretical exam
- Prerequisites: TRX Tactical Suspension Training Course and either the TRX Tactical Group Training Course or TRX Tactical Functional Training Course
- Pricing offered for both an individual slot in a pre-existing course and an exclusive on-site 10-person course.

⁸ *TRX TACTICAL ADVANCED GROUP TRAINING COURSE (INDIVIDUAL) [PART # AGTC-GOV]*
TRX TACTICAL ADVANCED GROUP TRAINING COURSE (10 STUDENTS) [PART # AGTC-EX-GOV]

TRX FORCE MILITARY EDUCATION SERIES

Armed with feedback from military users in the field and incorporating the latest best practices in exercise science, programming and education, TRX designed live, on-site education courses and materials specifically for the military. TRX FORCE Education Courses teach attendees TRX Suspension Training fundamentals and how to integrate it into their PT regimen to increase operational readiness and job performance. Our cadre of instructors deliver best-in-class courses to every branch all over the globe. There are 3 courses: Operator Course (Level 1), Trainer Course (Level 2), and the Train the Trainer Course (Level 3).

TRX FORCE OPERATOR COURSE (LEVEL 1)

MSTC-L10P

- Two (2) four-hour foundational Suspension Training orientation course designed to equip military personnel with the basic knowledge and skills to effectively use the TRX FORCE KIT: TACTICAL to maintain peak operational readiness.
- Upon completion, participants will be able to properly set up and use the TRX FORCE KIT: TACTICAL Suspension Trainer in any military/operational environment and properly perform foundational TRX Suspension Training exercises
- Learn to describe the importance and benefits of the TRX FORCE Tactical Conditioning Program for military readiness
- Learn to modify exercise intensity to progressively challenge levels of fitness appropriately
- Taught by a TRX Master Trainer
- Delivered on-site at the government location, and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Includes 40 mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required)
- Limit 20 students per 4-hour session (for a total of 40 maximum participants)

TRX FORCE TRAINER COURSE (LEVEL 2)

[PART # SEE BELOW⁹]

- Exclusive eight (8) hour course that provides command fitness leaders and other key personnel with the knowledge, skills and abilities to lead unit PT using the TRX FORCE KIT: TACTICAL Suspension Trainer and the TRX FORCE Tactical Conditioning Program
- Ideal for Unit PT Leaders, NCOs, and MWR Trainers
- Upon completion, participants will be able to teach users how to properly set up and use the TRX FORCE KIT: TACTICAL Suspension Trainer in any military/operational environment
- Learn to demonstrate and instruct others on how to modify exercise intensity to challenge levels of strength and conditioning
- Learn to demonstrate proficiency in performing the exercises in the TRX FORCE Tactical Conditioning Program
- Learn to leverage exercises and workouts from the TRX FORCE Tactical Conditioning Program for Unit PT programs
- Taught by a TRX Master Trainer
- Delivered on-site at the government location, and customized to the site's own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)

- Includes 60-page color Course Manual with TRX Exercise Library and Cueing [one per student]
- Prerequisite: TRX FORCE OPERATOR COURSE (LEVEL 1) or equivalent
- Tiered pricing for 10-to-20 students to fit unit needs

⁹ *TRX FORCE TRAINER COURSE (LEVEL 2) (10 STUDENTS) [PART # MSTC-L2T-10]*
TRX FORCE TRAINER COURSE (LEVEL 2) (15 STUDENTS) [PART # MSTC-L2T-15]
TRX FORCE TRAINER COURSE (LEVEL 2) (20 STUDENTS) [PART # MSTC-L2T-20]

TRX FORCE TRAIN-THE-TRAINER COURSE (LEVEL 3) [PART # SEE BELOW¹⁰]

- Advanced three (3) day train-the-trainer course designed to develop “TRX Experts” for receiving commands and units
- Participants will learn teaching strategies and techniques and be evaluated on their physical competency and presentation, producing better on-site trainers who will, in turn, produce fitter, better prepared, and more durable trainees
- Learn to demonstrate exceptional understanding of the FORCE Tactical Conditioning Program and Suspension Training and adapting it for all levels
- Passing participants will be able to deliver the TRX FORCE Level 1 Operator Course.
- Taught by a TRX Master Trainer
- Delivered on-site at the government location, and customized to the site’s own equipment (TRX instructor travel within U.S. included; TRX training equipment purchased and installed separately)
- Includes 100 or 200s mobile app codes to unlock the full contents of the TRX FORCE Super App (works offline with no streaming required)
- Prerequisite: TRX FORCE TRAINER COURSE (LEVEL 2)
- Limited to 5-10 students to maintain low student to instructor ratio for the highest quality training.

¹⁰ *TRX FORCE TRAINER-THE-TRAINER COURSE (LEVEL 3) (5 STUDENTS) [PART # MSTC-L3-M-5]*
TRX FORCE TRAINER-THE-TRAINER COURSE (LEVEL 3) (10 STUDENTS) [PART # MSTC-L3-M-10]

GSA SCHEDULE PRICE LIST

Contract Number: GS-03F-0097T, **Contract Period:** 08/15/2007 – 08/14/2022

PART NUMBER	PRODUCT NAME	GSA PRICE*
TSMDVD2	TRX FORCE KIT: TACTICAL	\$219.95
TRXRIP-PACK	TRX Rip Trainer	\$165.95
FTZ10M	TRX FORCE Zone - 10' Suspension Frame	\$9,395.00
FTZ20M	TRX FORCE Zone - 20' Suspension Frame	\$11,945.00
FTZ30M	TRX FORCE Zone - 30' Suspension Frame	\$14,495.00
RTZ	TRX Rip Training Zone	\$6,495.00
SFRAME-STD-10	TRX Military Suspension Frame - 10'	\$5,800.00
SFRAME-STD-20	TRX Military Suspension Frame - 20'	\$7,200.00
SFRAME-STD-30	TRX Military Suspension Frame - 30'	\$8,600.00
TRXRIP-GRPSTAND3	TRX Rip Group Training Station	\$1446.85
TRXTTB-H-BDL	TRX Tactical Training Box (Heavy)	\$7,999.00
TRXTTB-LD	TRX Tactical Training Box (Light)	\$5,499.00
TRXTTL-H-BDL	TRX 8-Foot Tactical Training Locker (Heavy)	\$38,000.00
TRXTTL-L-BDL	TRX 8-Foot Tactical Training Locker (Light)	\$30,000.00
TRXTTL-H10-BDL	TRX 10-Foot Tactical Training Locker	\$39,000.00
TRXTTL-H20-BDL	TRX 20-Foot Tactical Training Locker	\$55,000.00
STC-EX-10-GOV	TRX Tactical Suspension Training Course (10 Students)	\$2,500.00
STC-EX-15-GOV	TRX Tactical Suspension Training Course (15 Students)	\$3,000.00
STC-EX-20-GOV	TRX Tactical Suspension Training Course (20 Students)	\$3,500.00
FTC-EX-10-GOV	TRX Tactical Functional Training Course (10 Students)	\$2,500.00
FTC-EX-15-GOV	TRX Tactical Functional Training Course (15 Students)	\$3,000.00
FTC-EX-20-GOV	TRX Tactical Functional Training Course (20 Students)	\$3,500.00
GTC-EX-10-GOV	TRX Tactical Group Training Course (10 Students)	\$2,500.00
GTC-EX-15-GOV	TRX Tactical Group Training Course (15 Students)	\$3,000.00
GTC-EX-20-GOV	TRX Tactical Group Training Course (20 Students)	\$3,500.00
RTC-EX-10-GOV	TRX Tactical Rip Training Course (10 Students)	\$2,500.00
RTC-EX-15-GOV	TRX Tactical Rip Training Course (15 Students)	\$3,000.00
RTC-EX-20-GOV	TRX Tactical Rip Training Course (20 Students)	\$3,500.00
SMSTC-EX-10-GOV	TRX Tactical Sports Medicine Suspension Training Course (10 Students)	\$2,500.00
SMSTC-EX-15-GOV	TRX Tactical Sports Medicine Suspension Training Course (15 Students)	\$3,000.00

SMSTC-EX-20-GOV	TRX Tactical Sports Medicine Suspension Training Course (20 Students)	\$3,500.00
AGTC-GOV	TRX Tactical Advanced Group Training Course (Individual)	\$750.00
AGTC-EX-GOV	TRX Tactical Advanced Group Training Course (10 Students)	\$7,500.00
MSTC-L1OP	TRX FORCE Operator Course (Level 1)	\$3,000.00
MSTC-L2T-10	TRX FORCE Trainer Course (Level 2) (10 Students)	\$2,500.00
MSTC-L2T-15	TRX FORCE Trainer Course (Level 2) (15 Students)	\$3,000.00
MSTC-L2T-20	TRX FORCE Trainer Course (Level 2) (20 Students)	\$3,500.00
MSTC-L3-M-5	TRX FORCE Train-the-Trainer Course (Level 3) (5 Students)	\$7,855.01
MSTC-L3-M-10	TRX FORCE Train-the-Trainer Course (Level 3) (10 Students)	\$13,352.34

* GSA PRICE is inclusive of the GSA Industrial Funding Fee (IFF).

Quantity/Volume Discount(s): TRX offers volume discounts that apply to Delivery Orders (DOs) under this Schedule. Discounts are applied to individual DOs based on the total value of the DO. Volume is not cumulative on the Schedule; it is measured per individual DO. The following volume discounts will be applied to DOs:

Order Value	Volume Discount
\$0-\$50,000	0%
\$50,000-\$100,000	2%
\$100,000-\$150,000	4%
\$150,000 +	5%