Strengthening exercises for the lower body on the TRX activates the core and is very effective in training for strength, stability, proprioception and power. Because the body can be unloaded onto the TRX, lower body exercises can be performed through greater range of motion safely with less stress and reducing compressive forces to inflamed tissues and joints. In addition, suspension training allows for unilateral (single) leg training for a variety of single and multiplanar exercises.
TRX Hip Press

TRX Supine Runners