

FITNESS FREEDOM *Athletes*

A man with extensive tattoos on his arms and torso is shown from the waist up, performing a pull-up or similar exercise using a suspension trainer. He is holding the black handles with both hands, and his body is suspended in the air. The background is a dense, green jungle with many leaves and branches. The suspension trainer has a yellow and black strap.

# THE 7 SKILLS TO BUILD MUSCLE WITH A SUSPENSION TRAINER



**Hey, friend! I'm Coach Adam...**

**I Help People Build Lean Strength From Home.  
Using Just a Suspension Trainer or Resistance  
Band.**

These '7 Skills' are different to what you'll be used to or expect with suspension training. Most people 'mindlessly move' with a suspension trainer. Randomly pushing, pulling, and hanging to never see any visible results.

If you've tried vids... Apps... workout plans... different diets... gyms... weights... figuring it all out yourself...

But, your body still looks the same.

And you feel unsure of what you can achieve with a suspension trainer. Frustrated with the lack of results and de-motivated. And you feel like throwing it in the cupboard because you believe you can't build lean muscle and transform your body with it.

**Then, these 7 Skills will change the game for you.**

When you realise you haven't been using a suspension trainer with the right skills and technique, then correct it. The Results are incredible! Being able to transform your body with one tool, at home, for life. Is total Fitness Freedom!

*Let's dive in...*



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# 1 The skill of Muscle Centric Technique

There's a BIG difference in how people exercise to transform their bodies. It comes down to two techniques:

1. Movement-centric technique (99% of people)
2. Muscle-centric technique (1% of people. This is us!)

One is much more effective for building strong, lean muscle. That effective technique is called muscle-centric technique...

These two techniques are the difference between the person who has been using a suspension trainer (or resistance band, body weight, even weights in a gym) for months and months. And never gains any visible results with their body.

Compared to the person who month on month improves their body along with their mind (mental well-being). You're probably thinking... **"Adam, what the hell are you going on about?"**

Allow me to explain because this is important and will literally, change your life (a client's words, not mine).

**Here's why...**



## **‘Movement-Centric’ Suspension Trainer Technique**

Walking is a type of movement-centric technique, and so is running, cycling, or an aerobics class. You don’t think about moving, you just move.

The body wants to be efficient. It wants to use as many muscles as possible to move a load because it’s easier.

With movement-centric technique you allow the body to activate all the muscles it can to move a load (like body weight or an actual weight). Many people grab a suspension trainer and do this.

They jump around, pushing, pulling, and hanging. Not thinking about how they are moving, just moving.

The same thing happens in a gym. When you see people grunting and groaning moving a weight that is too heavy for them sacrificing form just to get the weight up.

So long as they move it and look strong, they don’t care (I used to be this guy).

## **Here’s The Problem With That**

The problem with movement-centric technique is that the load is shared. Not one or two muscles take all the load to do the work. Sometimes six or eight muscles do.

So if we take 100% load and share it across eight muscles, that’s only a 12% strain for each muscle.

That’s fantastic teamwork by the body and amazing biomechanics of the human species.

But, it is useless for building lean muscle to transform your body.

Because the load placed upon each muscle isn’t enough to get a muscle growth stimulus...

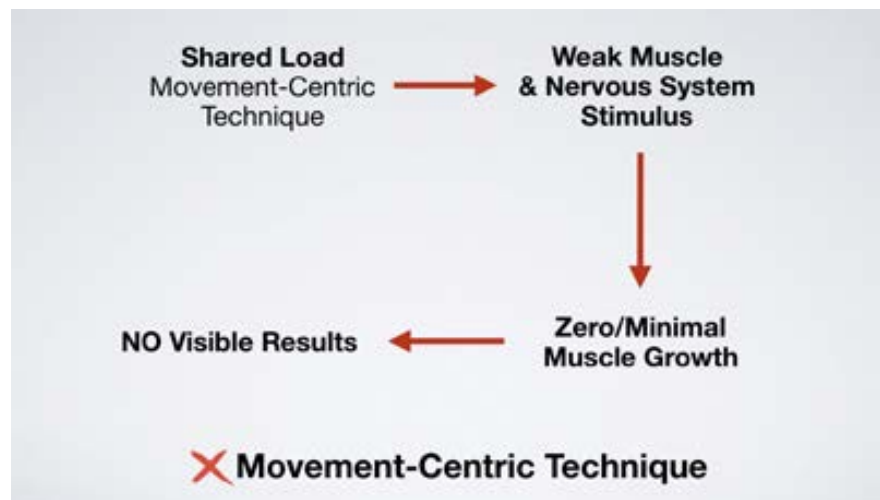
Here's an example of 'movement-centric technique' with a Suspension Trainer Chest Press...



Most when they do a Suspension Trainer Chest Press, mindlessly press forward and back. That's movement-centric technique. All you're focusing on is the movement of pressing. The problem is when you do this lots of muscles share the load.

The chest is the targeted muscle but other muscles are helping out. Such as your triceps, front shoulders, and biceps. You're not isolating the individual chest muscle to place the majority of your body weight load onto it.

This means the chest muscle gets a weak muscle growth stimulus because it hasn't been worked enough to cause muscle breakdown. A weak stimulus means the muscle doesn't grow effectively, if at all.



This is the reason why so many people struggle to build lean muscle and keep stalling. Then they constantly change things up due to the frustration of not understanding the

reason for the lack of progression.

## Instead, Do **MUSCLE CENTRIC** Technique

Focus on the specific muscle you want to target. Isolate the chest muscle and don't allow other muscles to help.

By using a slow, controlled technique, and your mind-muscle connection to squeeze the muscle powerfully throughout the exercise.

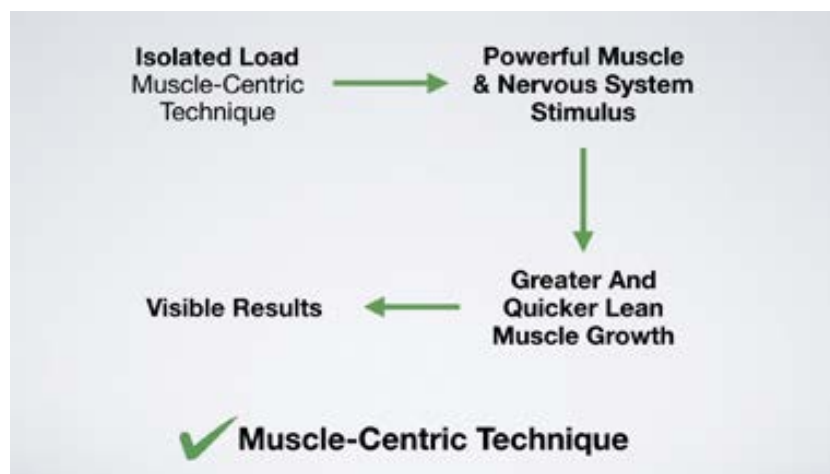
Then the majority of your body weight load goes onto that single muscle.



In the Suspension Trainer Chest Press example. You lock your body in stone. Then initiate the movement of the press by squeezing your chest muscles.

Don't mindlessly press forward without focusing on the muscle you are targeting.

Maintaining tension (the squeeze) on the chest muscles throughout reduces the amount of shared load from other muscles.



## This Makes Building Muscle With a Suspension Trainer A Lot Easier

A Muscle is MUCH weaker when isolated on its own. So you can use lighter loads, like your body weight, to create a powerful growth stimulus. This means you'll build lean muscle faster because you'll achieve a transformational result from every workout.

And because you're using lighter loads with more control. You'll build healthy, balanced muscles that support joints and improve your movement patterns for longevity.

Unlike lifting heavy weights or doing persistent impact exercises. Which wears down joints, and causes injuries and pain.



Using muscle-centric technique with a TRX suspension trainer means you can build lean muscle and visibly transform your body. Without needing to rely on a gym or weights ever again.



And there's a second even more powerful technique. When combined with muscle-centric technique, it will amplify your results and transform your workouts into a form of meditation. For better mental well-being...



# 2 The skill of Mind Muscle Connection

What your mind believes, *"I Need A Gym & Weights To Transform My Body"*. What your muscle knows...

*"Your muscle does NOT know where you are or what you are holding. All it knows is the tension you can place upon it through a range of motion"*

If there is ONE thing you take away and remember from this, make sure it's that powerful fact. I call unlocking your mind-muscle connection, the squeeze.

In the Fitness Freedom Athletes community, members tease me about it. BUT IT IS VERY IMPORTANT...

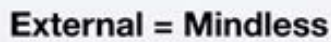


**'The Squeeze'** means to powerfully contract the muscle you are targeting with mindful intent throughout the entire range of motion.

Place your mind inside your muscle and visualise it squeezing, stretching, moving, and growing. Focus all your attention internally on your body and on that single muscle.

An internal focus is the foundation for unlocking your mind-muscle connection. It's MINDFUL. Most people are externally focused when they workout, especially in a gym. I bet you can relate to this...





To build lean muscle you need to mindfully connect and internalise your focus. Place your mind inside your muscle.



In a gym, you are externally distracted by the environment. But in your own space, you can internalise your focus without external distractions. You focus on squeezing

the muscle you are targeting throughout every single rep. Especially at the top motion of each exercise (picture the top curl part of a bicep curl).

Being able to do this, feel and visualise your muscle contracting and stretching is called having a good mind-muscle connection.

- Building lean muscle
- Increasing your functional strength
- Feeling confident in your body and how it moves

...starts in the mind. Practising your mind-muscle connection in every workout creates a holistic body connection between your mind, body, and soul.

It makes you more in control and more confident. It builds and awakens pathways to parts of your body you never knew existed. You truly become one with your body and mind. And it feels awesome!

## Workouts Become Meditation

With the mind-muscle connection, you can literally use your body to master your mind. When you internalise your focus on the specific muscle you are training.

Workouts become a form of mediation. Meditation is focusing on one thing for an extended period of time.

If you don't focus on anything else except your body and the muscle you are training, you are meditating. And we know the HUGE benefits of mediation.

Constantly seeking to internalise your focus in every 30 – 50 minute workout, compounds over time. And you will feel your mental well-being improving with it.

**One Focus = The Muscle**

**One Focus For An Extended Period =  
Meditation**

When you begin to use workouts as a form of meditation, it's a double whammy. Not only do you improve your body, but also your mental well-being. It's a never-ending improvement circle. As one improves, so does the other.

I've personally found, and had clients report:

**Workouts As Meditation (*Double Whammy!*):**

- Social Anxiety Reduced
- Less Procrastinations
- More Grounded & Calm
- Ability To Do Deep Work (Business Success)
- More Confident (Relationship Success)

This is using your body to master your mind.

## Mind-Muscle Connection Is Limitless

It gets better the more you practice. Studies have shown that professional bodybuilders can mindfully connect and contract (squeeze) their muscles to only 50% - 60% of their full potential.

**Ability To Improve The Mindful Muscle-  
Connection Is Exponential**

Professionals  
50% - 60%  
Ability

Mere Mortals  
20% - 30%  
Ability



For us everyday folk, we're at about 20% - 30% ability. That's a HUGE area for improvement in building lean muscle and transforming your body. Along with your mind.



It's the one thing I have relentlessly focused on. And it has improved my physique using only a suspension trainer beyond what I ever thought was possible. [My clients too.](#)

Using your mind-muscle connection becomes addictive because it feels amazing. A client told me, "I finally understand what a workout should be and feel like" ... And it's so true.



## Body Transformation Foundations

As a foundation, just mastering the mind-muscle connection and muscle-centric technique, will make a HUGE difference to your fitness results.



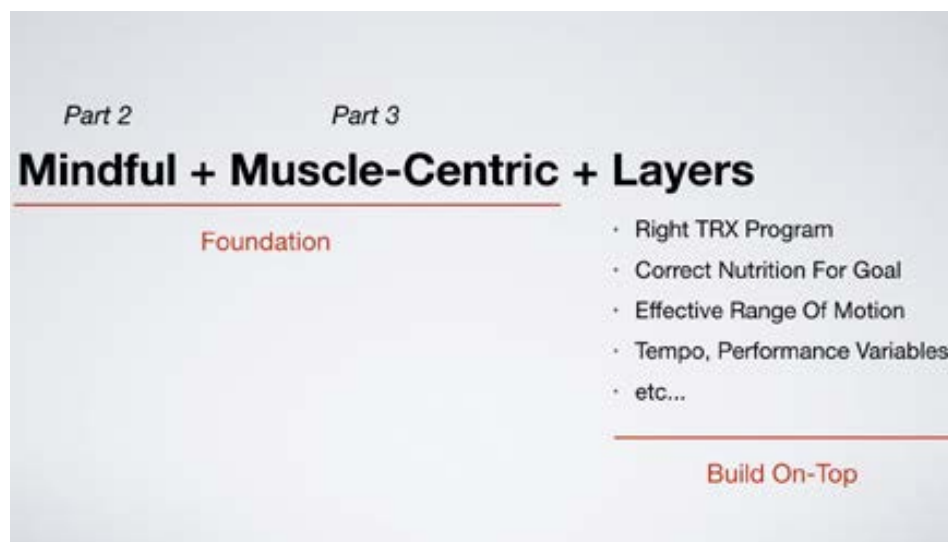
Because I'm a nerd and love Star Wars, it's kinda like Yoda.

With just the force (mind-muscle connection) he's ok.

But combined with muscle-centric technique (light saber), he's incredible...

The same can be said for our results with a TRX when we use both.

Now imagine the possibilities when these two effective techniques are combined with other good principles. Which I refer to as the layers to build upon.



Compounded together your results will be exponential. This is what I call Fitness Freedom.

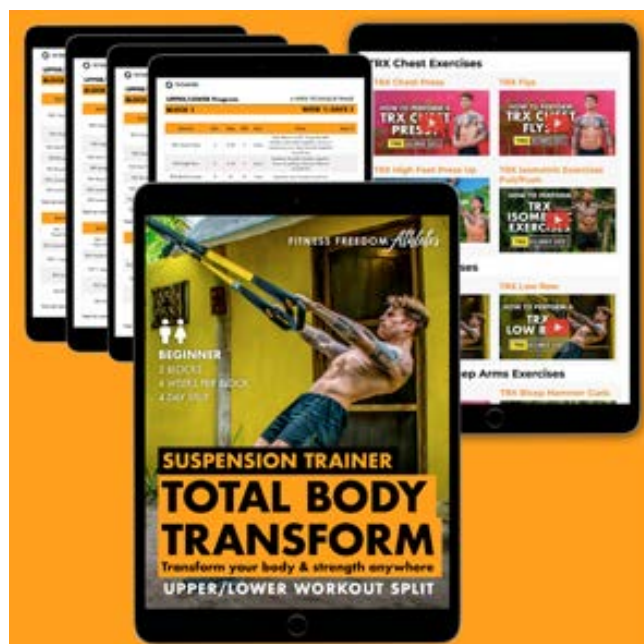
## I Bet You're Thinking...

"Bloody ell Adam! That was a lot of info we just went through." I promise the other Skills won't be as long. These 2 Skills were long because they are the most important.

By the way, if you're looking for a suspension trainer Program to get started and build lean muscle to transform your body?

Then checkouy my [Beginner Suspension Trainer Total Body Transformation Program here...](#)

[And Learn How To Use The 'Muscle-Centric' Suspension Trainer Technique To Build Lean Muscle & Transform Your Body In Just 8-Weeks!](#)



# 3 The skill of NOT Working Hard



One of the biggest mistakes that I see happening today is the idea of training HARD.

And sapping all the energy you have.

Simply *training hard* is stupid.

And it's often the reasons joint problems and injuries occur.

**It's NOT about hard work.**

It's kinda like trying to play the guitar for the first time... It'll probably sound terrible.

Now let's assume your coach is sitting next to you yelling at you to play harder and faster.

That doesn't make sense, right?

Practicing suspension training or resistance band training technique mastery should **ALWAYS** precede hard work.

It's never about doing more. It's about focusing on doing better. Focusing on:

'how well am I performing this exercise?' **NOT on...**

how many reps or how fast am I doing the exercise or how many more exercises can I fit into this workout.'

The more advanced you get with your training and **mind-muscle connection**, the more you will begin to realise that numbers become less and less relevant.

They are a guide, no more.

Hitting the number should not come before technique and mind-muscle connection mastery.

## Now Don't Get Me Wrong

Whilst we want quality over quantity. It is essential to do quantity in order to get to quality.

We have to do more in order to get so good that we can do less and still get The same results.

That's just common sense right. Practice makes perfect. But make sure that the practice is with good technique. Not simply doing more for the sake of doing more.





# 4 The skill of Output

Own the ability to do high-quality work with a controlled mind but **relentless effort** and motivation.

Get uncomfortable within workouts and know that it isn't a sign to stop.

**Feeling 'the burn' is also not a sign to stop.**

It's a sign to play and explore in the sensation.

It's a sign to push further. I'm sure you've heard the term:

*'The mind gives up before the body'*

**This is so true when it comes to our muscles.**

Your mind will fail before the muscle itself fails.

If the muscle could speak at this perceived point of failure, I guarantee it would say:

**"Why are we stopping? I've got another 3 quality reps in me at least!"**



Think of it like a petrol light coming on. It's a warning but you've still got 50 miles to go. When you feel your mind telling you to stop. Imagine it's just a warning light.

Focus and discipline lead to AWESOME output. Be relentless in your pursuit of applying high-quality output.



# 5 The skill of Mobility



A lack of mobility is NOT just tightness, it's also a sign of weakness.

A lack of mobility is normally a lack of muscular balance.

It won't be fixed by stretching alone.

It is often due **to poor form and technique when exercising.**

Think about it. Muscles work in pairs.

When one shortens (contracts) the other muscle must lengthen.

This is called antagonistic muscle pairings.

They are opposing forces constantly working against each other.

This leads us back to the importance of Skills 1 and 2 - technique mastery.

Focus on fully lengthening the muscle at one end, and fully contracting it at the other **(the SQUEEEZE!)**.

Over time, you will find imbalances that have been causing you problems, begin to disappear.

**Not from mindlessly stretching,** but from correctly building healthy, strong muscle.

# 6 The skill of Time

Time under tension is the greatest opportunity for challenging and growing your muscles.

It's not how many reps, it's how long (time) the muscle was placed under constant tension (squeeze) within those reps.

Maintain continuous **TENSION (squeeze) on the target muscle**. INCLUDING at the bottom and top ends of the exercise.

That's right, we can't escape many skills without talking about the **SQUEEZE**. Lean, quality, and healthy muscle are built with time under tension.

Tension is lost on a muscle when we stop continuous movement or allow other muscles to take over.

Lock your body in stone as you begin to execute the 1st rep of the set. **ABSOLUTELY** nothing should move other than what is caused by the target muscle contracting (the squeeze) or lengthening.

If we begin to shift, swing, or slightly adjust during a rep, tension is lost on the working muscle.

And the load is shared across other muscles.

**Again, our body LOVES to do this. It loves to make things easier!**

More shared tension across multiple muscles = **less lean muscle development from the target muscle.**

Lock your body in stone! Which do you think...



...will develop lean, healthy muscle best from the below two achievements:

**1. Hitting 16 reps of a TRX Chest Press with each rep taking 1-2 seconds**

or

**2. Hitting 8 reps of a TRX Chest Press with each rep taking 6 seconds**

Which do you think would develop quality muscle quicker and better?

If you're like the majority of movement-centric technique people, who see little progression month on month. You'd have said number 1.

BUT, we're not those people.

We're the 1% who **do things effectively and become unstoppable year on year**. We are... muscle-centric technique fitness freedom athletes. And so...





That's why we say the **answer is number 2.**

## **Why?**

Let's look at the maths and science:

### **1. Hitting 16 reps of a TRX Chest Press with each rep taking 1-2 seconds**

16 reps with 2 seconds per rep = 32 seconds

*That's 32 seconds the muscle has the opportunity to be placed under constant tension. If the exercise is performed correctly.*

### **2. Hitting 8 reps of a TRX Chest Press with each rep taking 6 seconds**

8 reps with 6 seconds per rep = 48 seconds

*That's 48 seconds the muscle has the opportunity to be placed under constant tension, if the exercise is performed correctly. So...*

If science tells us that muscle is built from time under tension. Then performing number 2 is the obvious and correct route.

## **From Experience, I Can Tell You This is Important.**

My body dramatically changed when I mastered an appreciation for placing my muscles under constant tension. For long periods throughout a set.

The ability to do that from a beginner-advanced level comes with practice and learning.

It's a wonderful thing to master. It makes the realms of suspension and resistance band training and how we can intensify exercises, endless.

# 7 The Skill of Muscular Endurance

Be honest with me, have you ever done this:

Paused at the top of a TRX Squat or a TRX Bicep Curl for a second or two to rest?

I know I have in the past. And still do sometimes.

It's natural.

**It's our body trying to take the easy way out and rest.**

We know that our body is designed for efficiency so we don't run out of stored energy.

Ultimately, our body was designed to make us lazy.

It wants the stored energy there from an evolutionary standpoint in case we need to run away from a tiger.

Exercise is no different.

As we start to fatigue, our brain and nervous system are designed to give us signals to stop what we are doing.

**However, YOU ARE still able to continue!**

Make it your goal and focus to overcome this natural tendency. Ignore that voice that..



..tells you to:

“stop”, “rest”, or “I can’t do another rep”

Know that it is a natural evolutionary safety mechanism.

This skill is developed from improving the skill of Time, as that skill leads to challenging muscular endurance.

**Increasing this improves the muscle’s ability to produce energy and clear metabolites (waste).**

**Which in turn increases work capacity, muscular stability and strength.**

Sounds complex right!

In simple terms...

It means you’ll be able to push harder and go further.

This is the route to **advanced level training and body composition.**

Muscular endurance also **makes fat loss easier.**

As the mitochondria in your muscle cells become much better at utilising fat for energy.

# 8 The Skill of Breathing

Practicing to use just nasal breathing during your suspension trainer workouts, improves circulation due to increased nitrogen in the blood.

It also increases the body's maximum ability to produce ATP in the presence of Oxygen (VO2 Max).

Which mean in simple English...

The body becomes better at **performing high amounts of work** while burning fat as the primary energy.

BIG WIN.

## How and why does nasal breathing achieve this?

The body is more efficient at oxygen and carbon dioxide exchange with nasal breathing.

As it utilises more lobes of the lungs.

This means more oxygen availability in the cardiovascular system.

Then more oxidation of fat cells for energy and more CO2 by-product expelled from the lungs.

View nasal breathing as **gears to utilise** within your life to optimise your body and performance.

Like this...





## **Gear 1: Only nasal breathing**

Attempt to live your entire life nasal breathing.

From day to day activities and in your workouts.

Mouth closed, tongue to the roof of your mouth for jaw alignment and balance, and with controlled slow breaths in and out.

Breathe only through your nose when performing every rep of every set.

It will be challenging at first but you will be surprised at how quickly you improve over time.

This skill acquisition has a large beneficial knock-on effect on all areas of your life.

## **Gear 2: When intensity increases**

There will be times when you simply can't only breathe through your nose...



Often during leg workouts, exercises like TRX Pistol Squats are very demanding on your cardiovascular system.

In this instance when intensity increases, look to breathe in through your nose and out through your mouth.

You will be able to breathe quicker and thus supply your body with more oxygen faster.

### **Gear 3 when intensity increases A LOT**

Like a HIIT session or cycling up a hill.

When intensity is all out mouth breathing is needed.

Then go back down your gears until you return to nasal breathing.

With normal day to day living keep checking yourself and make sure you're living in gear one until it becomes a habit.

**Sleep, general living and suspension training/resistance band workouts (except leg day)...**

Mouth closed, tongue to the roof of the mouth, and only breathing through the nose.

I've got more useful guides for you next...

## Nice work reading this far...

I hope you enjoyed the content I put together for you.

It's my aim to provide you with lots of valuable content to help you reach your fitness goal with just a suspension trainer (or resistance band), for life!

As I mentioned, if you're looking for a TRX suspension trainer Program to get started and build lean muscle to transform your body?

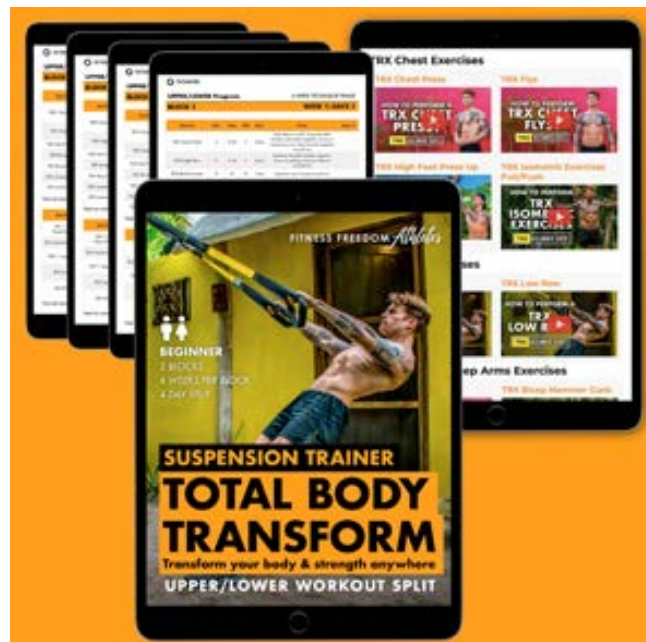
Then checkout my [Beginner Suspension Trainer Total Body Transformation Program here...](#)

[And learn how to use the 'Muscle-Centric Suspension Trainer Technique' to build lean muscle & transform your body in just 8-weeks!](#)

With complete nutrition, mindset, and performance teaching... I literally guarantee **you'll build lean muscle and transform your body.**

Or you get 100% of your money back.

Your client satisfaction is my number 1 priority.





## About

**Hi-I'm Coach Adam (aka TRX Traveller).  
I Help Busy Adults Build Lean Strength  
From Home...**

**I Call it, Fitness Freedom.**

*[Founding Story]*

**I could feel my anxiety and frustration rise as I walked from the entrance to the changing room....**

I hated the busy and toxic culture.

But what could I do???

I had to use a gym to achieve my fitness goals, and ultimately, feel myself.

There was NO other way.

**Sound familiar?**

Getting the body you want can be confusing and frustrating.

I should know...





## **I used to have an unhealthy psychological reliance on gyms.**

I believed I HAD TO be in a gym all the time to achieve my fitness goals, and ultimately, feel myself. It was limiting & confining. I hated the toxic gym culture and BS 'nutrition marketing' that surrounded it. It affected my mental well-being.

And every day as a personal trainer I saw busy professionals:

- **Struggle to make PT sessions due to their busy life...**
- **Feel intimidated by the 'ego' driven environment...**
- **Regard the gym as 'a chore' not enjoyment...**

Because of this, their results were limited.

I wanted a better approach.

For my clients, and myself.

## **So, in 2016, I decided to break free.**

I grabbed a backpack and a TRX suspension trainer and left London to travel South America.



*Hiking in Peru and Chile.  
TRX'ing on beaches, ships,  
roofs, parks...*

I had a powerful determination to improve my body and mindset without the confines of a gym.

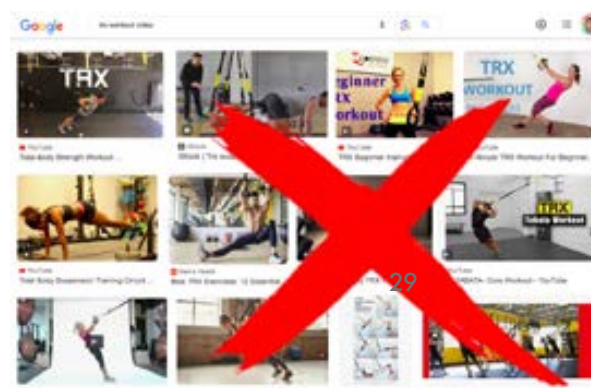
However, I quickly realised there was...

## **NO ONE teaching people how to use a TRX suspension trainer to build lean muscle!**

Sure, there were Apps & YouTube videos...

But they focused on 'movement-centric technique'.

Which is only good for working up a sweat...



People believe building lean muscle can only be achieved in a gym with weights.

So I began an obsessive and passionate journey to prove that belief wrong.

I studied, documented, and tested more than I ever had.

To develop what I now call the '**Muscle-Centric**' TRX Suspension Trainer Technique.

**That's when EVERYTHING changed**

In a few months...

I was in the best shape of my life.

It sounds cliché, but it's true.



*Why I'm known as the TRX Traveller – 3 years living in 13 countries using just a TRX*

I combined it with mind-muscle connection principles.

Turning workouts in my own space into a form of meditation.

I felt more calm, confident, and focused after each one.

I called this transformation... Fitness Freedom!

And applied it to resistance band training too.

**I decided to leave the gym world for good.**

And dedicated my life to teaching people just like you how to build lean muscle, shed fat, and transform your body with more accessible methods...

Suspension trainer, resistance band, simple nutrition optimisation... from home. So you...



never need to rely on gyms, 'diet fads', or anyone else's schedule ever again. My transformation journey from leaving the gym world in 2016 and using only a suspension trainer...



Gym 2007 - 2016



Argentina 2017



Cuba 2018



East Mexico early 2019



North Mexico late 2019



Nicaragua early 2020



London 2021



London 2023

I made the shift because I know what the power of a transformation can bring to someone's life, when it's accessible and sustainable.

**I've seen people just like you transform their bodies...**

And the energy they create becomes a catalyst in:

- Becoming more productive.
- Being more present with their kids...
- Being a better spouse.
- And doubling their confidence.

## **When you transform your body you transform your life.**

In helping people transform their bodies from the comfort of their own home with simple & accessible methods...

I found what I was put on this earth to do:

**To coach people to achieve a healthy, highly energised, and confident body in a way that fits their busy lifestyle...**

To gain Fitness Freedom!

It's the most worthy thing I've ever put my mind to.

Here's to your Fitness Freedom!

**Coach Adam**

**Body Transformation Coach**

Founder of Fitness Freedom Athletes

**P.S:** On the next page is how I can help you...



How I Can Help You...

## The Fitness Freedom Athletes **Suspension Trainer Programs**

### **BEGINNER LEVEL**



#### **Total Body Transformation Program (Beginner Level)**

**Learn The 'Muscle-Centric' Suspension Trainer Technique To Build Lean Muscle & Transform Your Body In Just 8-Weeks!**

[Learn More >>](#)

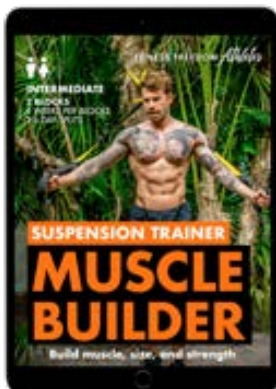
### **INTERMEDIATE LEVEL**



#### **Beach Body Program (Intermediate Level)**

**Get Lean, Fit, & Beach Body Ready In Just 8-Weeks With A Suspension Trainer!**

[Learn More >>](#)



#### **Muscle Builder Program (Intermediate Level)**

**Build Muscle Mass, Strength, & Size In Just 8-Weeks With A Suspension Trainer!**

[Learn More >>](#)

How I Can Help You...

The Fitness Freedom Athletes

# Suspension Trainer Programs

## ADVANCED LEVEL



### Ultimate Physique Sculptor Program (Advanced Level)

Transform Your Weak Areas To  
Completely Re-Sculpt Your Physique In  
12-Weeks With a Suspension Trainer!

[Learn More >>](#)



### Full Body Athlete Program (Advanced Level)

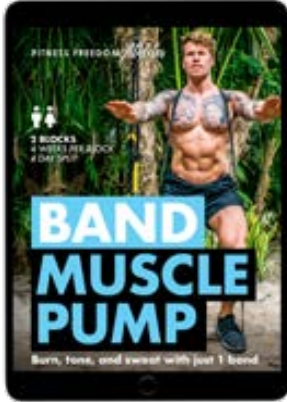
Build As Much Muscle Mass As Possible In  
16-Weeks Using High Intensity Training  
With A Suspension Trainer!

[Learn More >>](#)

How I Can Help You...

Fitness Freedom Athletes

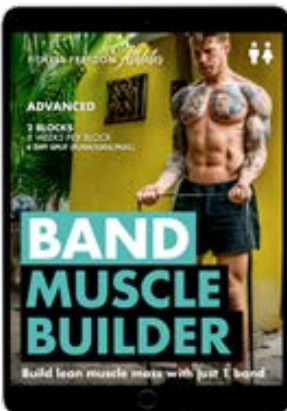
# Resistance Band Programs



## Band Muscle Pump Program (BEG - INT Level)

**Learn The 'Muscle-Centric' Resistance Band Technique To Build Lean Muscle & Transform Your Body In 8-Weeks!**

[Learn More >>](#)



## Band Muscle Builder Program (INT - ADV Level)

**Completely Re-Shape & Sculpt Your Body In 12-Weeks With One Resistance Band Using 'Muscle-Centric' Technique!**

[Learn More >>](#)

# 1-1 Coaching



## 1-1 Private Coaching

**The Complete At-Home Body Transformation Solution.**

[Learn More >>](#)

# Unsure? Take The 'Which Program Quiz':



In less than 60 seconds I'll help you find the **best Suspension Trainer or Resistance Band Program to achieve your fitness goal.**

From beginner to advanced, I've got a **Program for everyone.**

**Yes! Take The Quiz Now!**



# Join Over 8,000 Professionals Transforming Their Bodies With The Fitness Freedom Suspension Trainer & Resistance Band Programs...

**Matt**

*"Unreal body changes, lost 53lbs, lean, and defined!"*



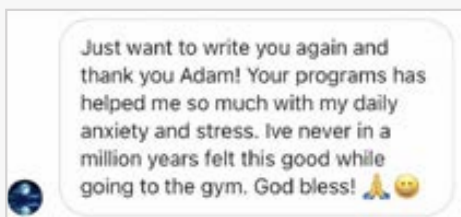
**@hoyboss (Reddit)**

*"Incredibly detailed and maximise growth while increasing familiarity"*



**Julie**

*"Helped so much with daily anxiety and stress"*



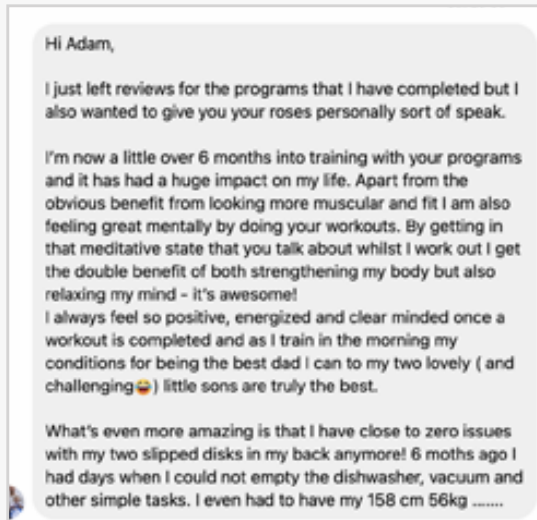
**Lyndsey**

*"It's like I've stumbled upon the holy grail"*



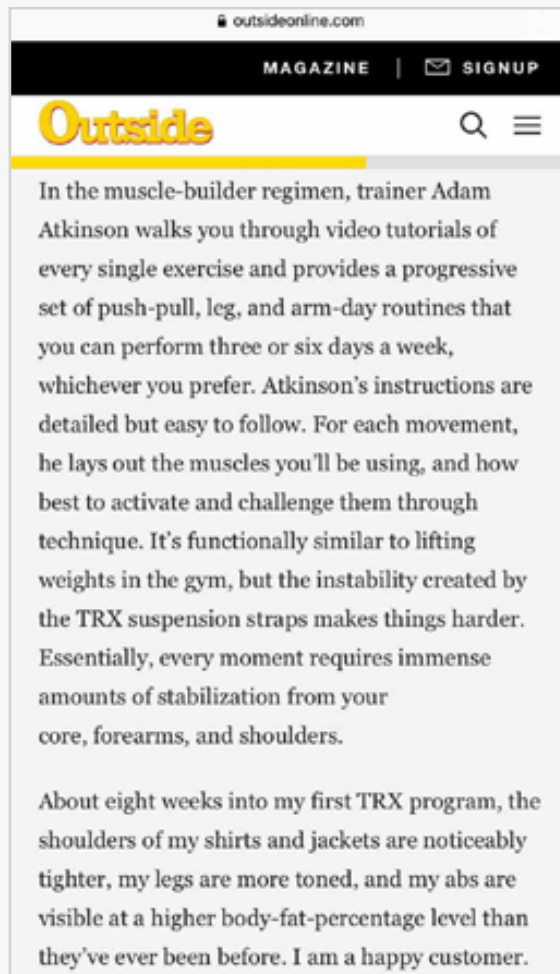
**Andreas**

*"Looking more muscular and fit and feeling great mentally. To be the best dad he can be!"*



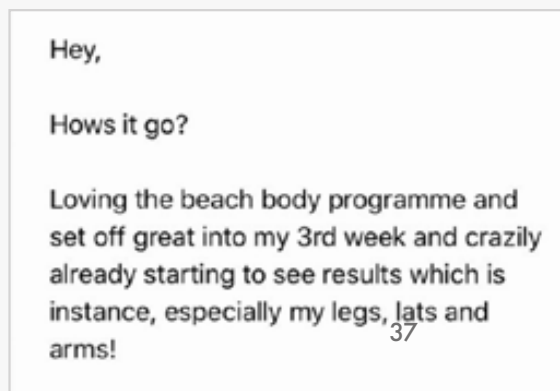
**Wes Siler**

*(Outside Magazine Journalist)  
"Bigger shoulders, toned legs & visible abs after 8 weeks!"*



**Rob**

*"Loving the TRX Beach Body Program, in my 3rd week and already seeing results!"*





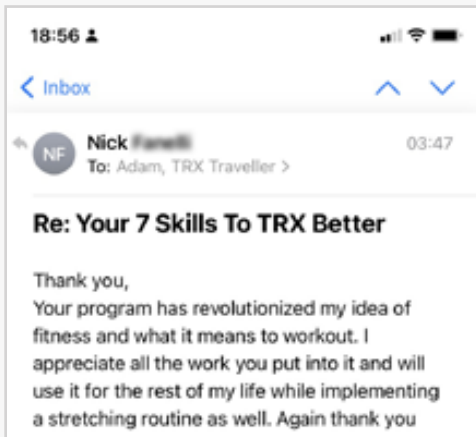
## Will

"Beginner with fitness and lost 13 lbs in 8 weeks and learned A LOT!"



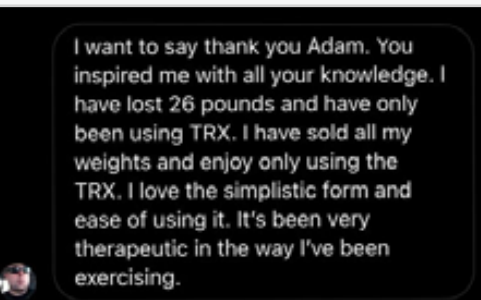
## Nick

"Your Program has revolutionized my idea of fitness and what it means to workout"



## Si

"Lost 26lbs and sold all my weights"



## Heather

"Seeing changes in my arms I've never seen!"



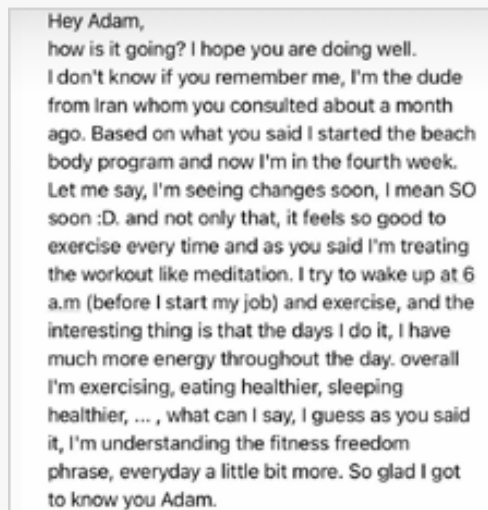
## Randy

"Thanks to your Programs, I'm 57 and in the best shape of my life!"



## Farshid

"In the fourth week and seeing changes so soon! I have much more energy throughout the day"



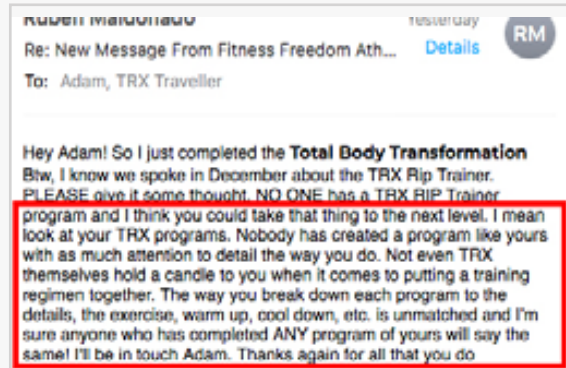
## Chris

"Literally your Program has changed my life"



## Ruben

"Not even TRX themselves hold a candle to you when it comes to putting a training regime together"



## Max

"Seen the most change and definition in my upper body ever!"



## Callie

*"Your workout guide is absolutely fantastic!"*

Hi Adam,

Helpful on both fronts, thanks so much!!

Makes sense on the differences between the low row and hammer curl.

I also have to say: your workout guide is absolutely fantastic. It's in-depth, well rounded, and exceptionally professional. If there's a helpful place (or 2) that I can give you a ramby review, let me know! I've done a lot of programs and worked with a lot of people over the years, and yours is in the top 3, no competition.

## @hall\_ben (Reddit)

*"I've been delighted with the Program!"*

u/hall-ben • 5d

### TRX Traveller- total body transformation program experience

Finishing the last week of TRX traveller beginners program and I wanted to share my experience. I've been delighted with the program and plan to move onto TRX traveller muscle builder at the end of the week. It's a thoughtful and well rounded program and I've been pleased with my progress.

I think what was most impressive to me was the emphasis on form and mind muscle connection, with slow exercises. This really worked well for me; the sessions were tiring, leaving the worked muscles exhausted, particularly in the second "intensity" block. I also felt more confident about the exercises doing them slowly; in the other program I found I sacrificed form to do more work in a short time, and was beginning to worry about injury.

## Julia

*"I am blown away by the results. I have never looked like this before"*

Re: Your TRX Core Developer Program...  
To: Adam, TRX Traveller

Hi Adam!

I also wanted to use this opportunity to tell you that I really enjoy training with your programmes. I am in my mid 40ies and due to chronic illness in my teens and twenties never developed an appropriate amount of muscle mass. While my body is healthy now, I was still low on muscle mass. I have been training with you since September and I am blown away by the results. I have never looked like this before. And my chronic lower back pain has also disappeared as a bonus 😊.

Take care,

## @thewolf\_atx (Reddit)

*"The beginner Program is fantastic. It is so much better than any other Program I found out there"*

from u/TheWolf\_atx via r/trx sent 2 years ago

The beginner program from u/TRX\_traveller (edited for spelling) who is on here often is fantastic. It is so much better than any other program I found out there. I have moved to the intermediate and I love it too. It does cost a little but has been well worth it in my mind. miles beyond anything TRX offers (which is crazy) and is a true comprehensive week-by-week progressive TRX program with beginner, intermediate, and Advanced courses. He has a ton of content on Youtube as well (all the moves in the program are part of his youtube content) but the program puts it all together by week to get you great results.

I am not affiliated with him in any way- just thought his content was the best by far of any I found when I was in your shoes a few months ago.

## Mike

*"I was amazed at the results! Your Programs are worth every penny!"*

Mike W.

Positive Feedback

To: Adam, TRX Traveller

Hello Adam!

I downloaded your exercise program back in October, just before I took off on a 2 month business trip.

I have to say I am totally satisfied with the routines and your thoughtfulness, penmanship thoroughness in putting things together. This is not a plug for TRX, because the system can be pretty ineffective routines to follow, which is the genius of what you have done. I was amazed at the results: I was surprised at the definition that became evident in my arms and shoulders, I got more than one compliment. The other result was the exercise my abs got, they were not the focus of any one exercise, but were obviously getting a workout in most of the routines.

Your programs are worth every penny paid!

Thank you,

## Reddit Thread

*"I started with the beginner and really loved it. I'm ready for the intermediate"*

17:31

Reviews 62

SINGLE COMMENT THREAD

TheWolf\_atx • 17h

Check out u/TRX\_traveller on here. He has some great content on YouTube and has some excellent full courses he sells for a very reasonable price. I started with the beginner and really loved it. I'm ready to move to the intermediate but I have a shoulder injury keeping me on the sidelines until I can get it to get it fixed. This injury is unrelated to using the Trx (bone spur under my rotator cuff). It is by far the most comprehensive TRX content I have ever found by a wide margin. 8 week courses with every week mapped out, building every week to more intense effort after building from the baseline on on.

## Adam

*"Enjoying it more than any other fitness approach I've ever experienced"*



Adam Lufmann

Crepi il lupo!

Ciao from Torino, Michele! I can totally relate to your post. I injured my shoulder last year doing X3 style resistance band training and let it be my excuse to totally get off track with my fitness goals- including lots of wine and negronis and other tasty Italian treats.

Anyway, I just completed week 4 of the Total Body Transformation program yesterday and am loving it- like Adam said here, it's like a moving meditation and I'm enjoying it more than any other fitness approach I've ever experienced. I am feeling so much more embodied and strong after just a few weeks so I cannot wait to see how I'll feel (and look) after four months or years!

... See More

21 h Like Reply

2

## Patrick

*"You've opened my eyes to an entire new way of training"*

Hi Adam,

I'm loving working out with my TRX and you've opened my eyes to an entire new way of training over the past year! After ~10 years of weights (much like you), I love the freedom and newfound mind<->body connection with your method.

I started with your Beginner Total Body Program, and I've cycled through that a few times this year. I'm looking to upgrade to Muscle Builder, but I'm only seeing the package for the "Muscle and Size System" on your revamped site.

## Heather

*"I'm getting so much from your coaching more than any other TRX Program or coach!"*



just now

3rd workout done! I wish I had discovered you sooner!! I love how you keep reminding us of intention and mind muscle connection. I'm getting so much from your coaching than I have with any other trx program or coach!



# Let's Connect Further

If you have any questions, thoughts, or want to chat about your goals?

I'm right here: [adam@fitnessfreedomathletes.com](mailto:adam@fitnessfreedomathletes.com)

## Connect with me on socials here:

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[Instagram](#)

[YouTube](#)

[Reddit](#)

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