

Personal Trainer Equipment



Max trainer- an elliptical type of machine that is used to get a workout in 15 minutes. You can use the max trainer by using one of the programs that adjusts the resistance in hard and easy intervals.



TRX bands- the TRX is a form of body weight training. You hook the TRX to a stable horizontal pole and use your bodyweight to do workouts like push ups, leg curls, one legged jump squats, etc.

Vertimax- the Vertimax is a piece of equipment that uses band resistance training. It is used to improve your running start, vertical jump, or any other skill that can be improved. This is a very mobile and universal piece of equipment.

