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Dec 04, 2012 Pete Holman, creator of the TRX Rip Trainer, provides a workout designed to improve on-court performance and durability for basketball players.

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Feb 18, 2013 2015 Summer Training Guide: you can develop your hitting power with proper training. The TRX Rip Trainer is an 2015 Summer Training Guide: Baseball.

Trx | eric cressey | high performance training,

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Nov 14, 2012 TRX Instructor Brendan Tuck training the Illawarra Northern Pirates using the TRX Suspension and Rip Trainer to develop functional strength, mimicking

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