

# Suspension Revolution - gym workout for weight loss female

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Long is an expert in suspension training. Suspension Revolution Suspension Revolution If you're looking for fun new exercises to burn fat and get ripped with your TRX or Suspension Trainer, then you're going ... As the name suggests, Suspension Revolution 2.0 relies on the power of suspension training, also known as TRX. If you're not familiar with suspension training, it's those stretchy cords you see dangling from the roof when you go to the ... Suspension Revolution 2.0