COACHING BETTER WITH TRX EDUCATION

SUSPENSION TRAINING COURSE (STC)



Master Trainer

Vicky Hung

Vicky Hung, is a leading educator and elite sports performance specialist. She is the Founder of the Believe Training Academy, a TRX Senior Master Instructor, and the Director of Education & Training for FISAF Taiwan, She serves as a Senior Consultant for NIKE Greater China and provides S&C consultation for professional teams, specializing in human movement and sport-specific training.

WHO IT'S FOR:

- Personal Trainers: fitness professionals seeking new skills and effective training solutions for their clients
- Coaches & Athletes: sport professionals aiming to improve performance through functional training
- Rehab Specialists: physical therapists interested in leveraging TRX for better patient outcomes
- Fitness Enthusiasts: individuals looking to incorporate science-backed methods into their fitness routine

WHAT YOU'LL LEARN:

- Master a variety of foundational Suspension Training exercises
- Learn to progress and regress exercises for different fitness levels
- Utilize TRX Progression Principles to adjust resistance and stability for each exercise
- Effectively cue and correct common faults
- Properly set up and utilize the TRX Suspension Trainer

WHAT YOU'LL RECEIVE:

- Certificate of Completion (attendance, participation & passing grade required)
- 7-8 Continuing Education Credit Hours available with ACE, AFAA, canfitpro, CIMSPA, ISSA, NASM
- TRX PRO4 Kit
- Nike TRX Logo Tee
- Printed Course Manual



DATE & TIME

21 November 2026 (Saturday), 9am-5pm

LOCATION

International Sports Academy (ISA)

223 Mountbatten Road #03-15 Singapore 398008

Contact Information:

To register, head on to https://isa.edu.sg/trx-suspension-trainer-course/

For enquiry, please reach out via email to info@isa.edu.sg

INTERNATIONAL SPORTS ACADEMY

ECO LIFESTYLE FITNESS