

- American College of Sports Medicine, 2018. „ACSM's Guidelines for Exercise Testing and Prescription.“ In *ACSM's Guidelines for Exercise Testing and Prescription*, 10. vydání, 74–77. Philadelphia, PA: Wolters Kluwer.
- Byrne, J. M., N. S. Bishop, A. M. Caines, K. A. Crane, A. M. Feather a G. E. Pearcey. 2014. „Effect of Using a Suspension Training System on Muscle Activation During the Performance of a Front Plank Exercise.“ *The Journal of Strength and Conditioning Research* 28 (11): 3049–55.
- Chu, D. a R. Korchemny 1993. „Sprinting Stride Actions: Analysis and Evaluations.“ *NSCA Journal* 11 (6): 48–53.
- Dolati, M., F. Ghazalian a H. Abednatanzi. 2017. „The Effect of a Period of TRX Training on Lipid Profile and Body Composition in Overweight Women.“ *International Journal of Sports Science* 7,151–8.
- Dudgeon, W. D., J. M. Herron, J. A. Aartun, D. D. Thomas, E. P. Kelley a T. P. Scheett. 2015. „Physiologic and Metabolic Effects of a Suspension Training Workout.“ *International Journal of Sports Science* 5 (2): 65–72.
- Gamacho-Castano, M. V., P. J. Jimenez, A. J. Monroy a J. L. Mate-Munoz. 2014. „Effects of Instability Versus Traditional Resistance Training on Strength, Power and Velocity in Untrained Men.“ *Journal of Sports Science and Medicine* 13:460–68.
- Giancotti, G., A. Fusco, A. Iannaccone a C. Cortis. 2018. „Short-Term Effects of Suspension Training on Strength and Power Performances.“ *Journal of Functional Morphology and Kinesiology* 3 (4): 51.
- Hamidiyeh, M., H. Naserpour a M. Chogan. 2021. „Change in Erector Spinae Muscle Strength and Kyphosis Angle Following an Eight Weeks TRX Training in Middle-Age Men.“ *International Journal of Aging Health and Movement* 3 (1): 13–20.
- Hammarni, R., U. Granacher, I. Makhlouf, D. G. Behm a A. Chaouachi. 2016. „Sequencing Effects of Balance and Plyometric Training on Physical Performance in Youth Soccer Athletes.“ *Journal of Strength and Conditioning Research* 30 (12): 3278–89.
- Janot, J., T. Heltne, C. Welles, J. Riedl, H. Anderson, A. Howard a S. L. Myhre. 2013. „Effects of TRX Versus Traditional Resistance Training Programs on Measures of Muscular Performance in Adults.“ *Journal of Fitness Research* 2 (2): 23–38.
- Kalantariyan, M., H. Minoonejad, R. Rajabi a F. Seidi. 2020. „The Effect of Six Weeks Suspension Training on Functional Test's Score in Athletes with Functional Ankle Instability.“ *Journal of Paramedical Sciences & Rehabilitation* 9 (2): 64–75.
- Krause, D. A., J. J. Elliott, D. F. Fraboni, T. J. McWilliams, R. L. Rebhan a J. H. Hollman. 2018. „Electromyography of the Hip and Thigh Muscles During Two Variations of the Lunge Exercises: A Cross-Sectional Study.“ *International Journal of Sports Physical Therapy* 13 (2): 137–42.
- Marta, C., A. R. Alves, P. T. Esteves, N. Casanova, D. Marinho, H. P. Neiva, R. Agua-do-Jimenez, A. M. Alonso-Martinez, M. Izquierdo a M. C. Marques. 2019. „Effects of Suspension Versus Traditional Resistance Training on Explosive Strength in Elementary School-Aged Boys.“ *Pediatric Exercise Science* 31 (4): 473–78.

- Melrose, D. a J. Dawes. 2015. „Resistance Characteristics of the TRX Suspension Training System at Different Angles and Distances From the Hanging Point.“ *Journal of Athletic Enhancement* 4:1. doi:10.4172/2324-9080.1000184.
- Mok, N. W., E. W. Yeung, J. C. Cho, S. C. Hui, K. C. Liu a C. H. Pang. 2015. „Core Muscle Activity During Suspension Exercises.“ *Journal of Science and Medicine in Sport* 18 (2): 189–94.
- Nalbant, O. a A. M. Kinik. 2018. „The Effect of Suspension Workout on Agility and Forces Performance in Elite Basketball Players.“ *Journal of Education and Training Studies* 6 (6): 128–33.
- Orr, R. 1999. „The Functional Continuum.“ www.ptonthenet.com/articles/The-Functional-Continuum-557#sthash.zJKDQS3.dpuf.
- Reiman, M. P. a R. C. Manske. 2009. *Functional Testing in Human Performance*. Champaign, IL: Human Kinetics.
- Ryan, E. D. a J. T. Cramer. 2021. „Fitness Testing Protocols and Norms.“ In *Essentials of Personal Training*. 3. vydání, National Strength and Conditioning Association, editoři Schoenfeld, B. J. a R. L. Snarr. 214–239. Champaign, IL: Human Kinetics.
- Shavikloo, J. a A. Norasteh. 2019. „Does TRX Training Reduce Injury Rates in Futsal Athletes, as Measured by the Functional Movement Screening Test?“ *International Journal of Sports Science and Medicine* 3 (2): 60–64.
- Sheppard, J. a T. N. Triplett. 2016. „Program Design for Resistance Training.“ In *Essentials of Strength Training and Conditioning*, 4. vydání, National Strength and Conditioning Association, editoři Haff, G. G., a T. N. Triplett, 458–465. Champaign, IL: Human Kinetics.
- Siff, M. C. 2003. *Super training*. 6. vydání. Denver, CO: Supertraining Institute.
- Smith, L. E., J. Snow, J. S. Fargo, C. A. Buchanan & L. C. Dalleck (2016). „The acute and chronic health benefits of TRX Suspension Training® in healthy adults.“ *International Journal of Research in Exercise Physiology*, 11(2), 1–15.
- Snarr, R. L. a M. R. Esco. 2014. „Electromyographical Comparison of Plank Variations Performed With and Without Instability Devices.“ *Journal of Strength and Conditioning Research* 28 (11): 3298–3305.
- Snarr, R. L., M. R. Esco, E. V. Witte, C. T. Jenkins a R. M. Brannan. 2013. „Electromyographic Activity of Rectus Abdominis During a Suspension Push-Up Compared to Traditional Exercises.“ *Journal of Exercise Physiology Online* 16 (3): 1–8.
- Suprak, D. N., J. Dawes a M. D. Stephenson. 2011. „The Effect of Position on the Percentage of Body Mass Supported During Traditional and Modified Push-Up Variants.“ *Journal of Strength and Conditioning Research* 25 (2): 497–503.
- Waldhelm, A., C. Gubler, K. Sullivan, C. Witte, D. Buchheister a J. Bartz-Broussard. 2020. „Interrater and Test Retest Reliability of Two New Single Leg Sit to Stand Tests.“ *International Journal of Sport Physical Therapy* 15 (3): 388–94.
- Woodward, T. W. a T. M. Best. 2000. „The Painful Shoulder: Part I. Clinical Evaluation.“ *American Family Physician* 61 (10): 3079–88.