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Contact: Erin Lopez
(562) 546-6006
elopez@leaderenterprises.com

NBC's *The Biggest Loser* Turns to Suspension Training with Innovative TRX to Help Contestants Burn Calories and Shed Critical Pounds

TRX's Ability to "Train Anywhere" Allows Trainer Bob Harper to Get Contestants Outside And "Hanging Around" for Competitive Edge

SAN FRANCISCO, February 9, 2009 – On Tuesday, February 17 NBC's popular reality series, *The Biggest Loser Couples*, will introduce its contestants and consumers across the nation to Suspension Training – an innovative and highly effective exercise method that is rapidly expanding throughout the health and fitness industry. Suspension Training's rapid emergence was spawned by Fitness Anywhere and its popular TRX Suspension Trainer – a simple yet incredibly effective functional fitness device developed by Fitness Anywhere President, Randy Hetrick, when he was leading elite Navy SEAL units on deployment in the most remote global locations.

The Biggest Loser elite trainer Bob Harper will be putting his team through the paces with the TRX in an outdoor setting, showcasing not only the portable "train anywhere" qualities of the TRX, but also its unparalleled functional fitness, core training and calorie-burning capabilities. Unlike most conventional fitness products used on the show, the TRX is designed to be portable and offers users the ability to train virtually anywhere, from conventional health club and indoor fitness environments to even the most remote outdoor locations.

Harper has been championing the benefits of Suspension Training with the TRX, long before this upcoming introduction into the *Biggest Losers* varying arsenal of fitness and exercise tools and training methods.

"Being a trainer on *The Biggest Loser*, my workouts have to be effective and on the cutting edge. Thanks to the TRX, I got some really great workouts with my contestants this season," said Harper. "Watching contestants be challenged by working on something that requires such core strength, as well as sheer full-body strength, I knew I had a great piece of equipment on my hands. I really love this piece of equipment."

Suspension Training evolved in the military when former Navy SEAL squadron commander and CEO of Fitness Anywhere, Randy Hetrick created the TRX Suspension Trainer for maintaining peak physical condition while deployed in the most remote and resource deprived parts of the world. As Hetrick saw increasing enthusiasm among his friends both in uniform and out, it became clear that this new way of working out was not only for military personnel, but a highly effective athletic training and mainstream fitness solution – a portable 2 lb. training tool that can be quickly set up anywhere to get a quality full-body workout. **More...**

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Since its introduction to the marketplace in 2005, the TRX Suspension Trainer is now used and trusted by hundreds of thousands of trainers, athletes, physical therapists, and service members in all branches of the military. Its popularity with teams in the NFL, NBA, MLB, NHL and NCAA surges onward and it has quickly become a mainstay in top health clubs across the country. Already adopted by elite trainers such as Todd Durkin, Jonathan Ross, Gunnar Peterson and many more, the personal training community is embracing Suspension Training and further establishing it as a tried and true fitness method appropriate for all fitness levels.

Tune in to *The Biggest Loser*, Tuesdays 8/7c on your local NBC station.

About TRX Suspension Training®

Suspension Training is a workout that develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX® Suspension Trainer™, a highly portable performance training tool that leverages gravity and the user's body weight to enable hundreds of exercises for every fitness goal.

The complete line of TRX products, fitness guides and accessories can be purchased directly from Fitness Anywhere, Inc. online at www.fitnessanywhere.com. For more information on tTRX Suspension Training call the company at (888) 878-5348 or email info@fitnessanywhere.com.

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