



**Fitness Anywhere**

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**FITNESS ANYWHERE RELEASES TWO NEW CUSTOMIZED TRAINING PROGRAMS FEATURING OLYMPIC WRESTLER AND JUMP-ROPE PHENOM BUDDY LEE**

***“TRX Essentials: Cardio Circuit” Rounds Out Critical Introductory Series, While “TRX Boot Camp: Ropes & Straps” Challenges More Advanced Fitness Enthusiasts***

**SAN FRANCISCO, February 23, 2009** – Fitness Anywhere Inc., pioneers of Suspension Training®, a revolutionary functional fitness method born within Navy SEAL teams, has released two new training DVDs, featuring former US Olympic wrestler and world class jump-roper, Buddy Lee. The two new titles incorporate Lee’s innovative jump-rope-based training methods with Suspension Training, arguably the most effective and efficient form of functional training.

*TRX® Essentials: Cardio Circuit* combines the TRX with the jump rope to create the ultimate interval training workout. The combination of Suspension Training and jump rope exercise provides a fun and completely unique total body circuit, keeping heart rates elevated as it progresses from basic to more challenging levels. *TRX Essentials: Cardio Circuit* rounds out the TRX Essentials series of critical introductory-level Suspension Training programs.

*TRX® Boot Camp: Ropes & Straps* also combines the TRX and jump rope to build anaerobic endurance and maximize power. This program takes training on the TRX to a new level of intensity with nonstop cardio challenges spliced with elite strength training that will challenge the most advanced user. In addition to the DVDs each program includes a full-colored laminated workout guide with photos of each exercise, complete instructions and training tips.

“Much like Fitness Anywhere has done with the development of Suspension Training, Buddy Lee is a fitness innovator who has unearthed entirely new avenues for training and conditioning with his unique techniques,” said Randy Hetrick, Founder and President of Fitness Anywhere, Inc. “The combination of Buddy’s methods and our own is yet another positive step in our mission to continually expand the capabilities of Suspension Training with the TRX.”

The two new releases continue an ever-growing line of Fitness Anywhere specialized Suspension Training programs and DVD series that include: *TRX Biomechanics: Healthy Back*, *TRX Performance: Tennis*, *TRX Core Strength Vol. 1*, *TRX Golf Workout DVD by Titleist*, *TRX Military Fitness Program*, *TRX All Body Xpress* and *TRX Trainer Basics*, *TRX Essentials: Strength*, *TRX Essentials: Flexibility DVD*, *TRX Performance: Team Sports* and *TRX Performance: Train Like the Pros* led by elite strength, speed and conditioning coach Todd Durkin.

**About TRX Suspension Training®** Suspension Training is a new category of exercise 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.

Fitness Anywhere, Inc. produces and sells Suspension Training® equipment, programs and education to trainers, athletes, the military and fitness facilities. The TRX® is currently being used by teams in the NFL, NBA, MLB, NHL and the NCAA, by every branch of the US military and by top training centers across the US.

The *TRX® Essentials: Cardio Circuit and TRX® Boot Camp: Ropes & Straps* along with the complete line of TRX products, training programs and accessories can be purchased directly from Fitness Anywhere, Inc. online at [www.fitnessanywhere.com](http://www.fitnessanywhere.com). For more information on TRX Suspension Trainer Courses, volume pricing or web affiliate distribution opportunities, call the company at (888) 878-5348 or email [info@fitnessanywhere.com](mailto:info@fitnessanywhere.com).