



Fitness Anywhere

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**FITNESS ANYWHERE RELEASES TWO NEW TITLES IN ITS GROWING SERIES OF
SUSPENSION TRAINING PROGRAMS**

“TRX® Essentials: Strength” and “TRX® Essentials: Flexibility” Address The Universal Benefits of Improving Strength, Endurance, Flexibility and Range of Motion

SAN FRANCISCO, Sept. 9, 2008 – Fitness Anywhere Inc., pioneers of Suspension Training®, a revolutionary functional fitness method born within Navy SEAL teams, has released two new training guides and DVDs for people of all fitness levels who want to improve their overall strength and flexibility. *TRX® Essentials: Strength* features a 60-minute real-time Suspension Training workout focusing on improving total body strength and muscular endurance, while *TRX® Essentials: Flexibility* features a 50-minute real-time Suspension Training workout designed to improve flexibility, range of motion, balance and posture. In addition to the DVDs each program includes a full colored laminated workout guide with photos of each exercise, complete instructions and trainer’s tips. These training programs together tackle the most universal pillars of fitness and exercise for individuals from beginner to advanced fitness levels.

“The boundaries of Suspension Training are virtually limitless, and our mission is to continue to expand them and bring solutions to individuals at every fitness level, through the introduction of diverse, specialized Suspension Training programs like these,” said Randy Hetrick, Founder and President of Fitness Anywhere Inc.

The two new releases continue an ever-growing line of Fitness Anywhere specialized Suspension Training programs that includes: *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*. Later this Fall, Fitness Anywhere will release *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: Strength* and *TRX Essentials: Flexibility DVD* and complete line of TRX products, training programs and accessories can be purchased directly from Fitness Anywhere, Inc. online at 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.