



Fitness Anywhere

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FITNESS ANYWHERE RELEASES TWO NEW TRX® SUSPENSION TRAINING® PROGRAMS WITH TOP TRAINER AND PERFORMANCE COACH TODD DURKIN

Durkin shows how fitness enthusiasts and athletes of all fitness levels can benefit from the same techniques he uses with his NFL, MLB and NCAA athletes

SAN FRANCISCO, Nov. 3, 2008 – Fitness Anywhere, Inc., pioneers of Suspension Training®, a revolutionary functional fitness method born within Navy SEAL teams, continues to extend its *TRX Performance* training program series with two new DVDs led by elite strength, speed and conditioning coach Todd Durkin. His training programs are designed to separately address the needs of both, mainstream fitness enthusiasts, and aspiring athletes intent on improving physical performance for success on the playing field and in the game of life.

In “TRX® Performance: Train Like the Pros”, Durkin takes mainstream fitness enthusiasts through a real-time workout using his proven cutting-edge training techniques on the TRX. Simply by adjusting exercise intensity, Durkin shows that people of all fitness levels can benefit from the same workouts he uses with his own clients including NFL stars Drew Brees and Ladaianian Tomlinson.

“TRX® Performance: Team Sports” is a strength and conditioning program designed for both the coach and athlete to help improve speed, core strength, agility and power to help the team get that “W” on game day.

“Suspension Training with the TRX is arguably the most effective and diverse functional fitness tool that I use in my work with elite amateur and professional athletes, it is a staple tool that drives results,” said Durkin. “Suspension Training has the ability to effectively address the widest variety of performance benefits, with an efficient and practical design that makes it convenient to use anytime, virtually anywhere.”

Both videos feature Durkin’s 60-minute customized Suspension Training workouts targeting the critical factors to successful performance, including explosive power, functional strength, balance, coordination, speed, quickness, flexibility and more. *TRX Performance: Team Sports* comes with a bonus 20 minute field and agility drills for teams. In addition to the DVDs each program includes a full-colored laminated workout guide with photos of each exercise, complete instructions and Durkin’s trainer tips.

The two new releases continue an ever-growing line of Fitness Anywhere specialized Suspension Training programs that includes: *TRX Essentials: Strength*, *TRX Essentials: Flexibility*, *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 Education: Trainer Basics*.

More...

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 Performance: Train Like the Pros* and *TRX Performance: Team Sports* DVDs 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.

About Todd Durkin MA, CSCS NCTMB

2-time Personal Trainer of the Year

Todd Durkin is a strength and conditioning coach, personal trainer, bodyworker, and motivational speaker. He earned his BS degree in Kinesiology from William & Mary and his MA degree in Biomechanics from SDSU. Todd is a former professional football quarterback whose career ended due to a serious back injury. He is the owner of Todd Durkin Enterprises and Fitness Quest 10 in San Diego, CA; a premier health & human performance facility that combines athlete performance training, personal training, massage & bodywork, Pilates, yoga and nutrition. He is the author of 25 DVDs and the "Head of the Under Armour Performance Training Council". His facility is the first Under Armour sponsored facility in the U.S. Todd works with a select clientele of elite professional athletes as well as the everyday population looking to improve their health and well-being. For more information please visit www.ToddDurkin.com or www.FitnessQuest10.com.

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