



# Fitness Anywhere

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## **THE NATION'S ELITE TRAINERS TO SHOWCASE SUSPENSION TRAINING IN LAS VEGAS THIS WEEK**

***Top Trainers to Lead a Series of Suspension Training® Workouts at the IDEA World Fitness Convention and the NSCA National Conference in Las Vegas***

**LAS VEGAS, July 8, 2008** – Suspension Training has exploded within the fitness and sports performance world thanks to the emergence of Fitness Anywhere's revolutionary TRX® Suspension Trainer™, an innovative functional fitness tool used by elite personal trainers and athletic performance trainers across every major professional sport. This week in Las Vegas, Suspension Training will be a major topic of interest at the IDEA World 2008 Convention at the Las Vegas Convention Center and the NSCA National Convention at the Paris Hotel & Casino.

Fitness and sport performance professionals from around the world will gather in Las Vegas this week for two industry-leading fitness and training conferences. Among these will be a handful of the nation's top fitness trainers who will be showcasing the Suspension Training methods they've developed using the TRX Suspension Trainer.

The list of highly-decorated trainers includes: Jonathan Ross (2006 ACE Personal Trainer of the Year), Justin Price (2006 IDEA Personal Trainer of the Year), Bill Sonnemaker (2007 IDEA International Personal Trainer of the Year), Darren Jacobson (Franchise Personal Training Manager for Virgin Active South Africa overseeing 84 Health Clubs and over 680 personal trainers), Leigh Crews (official spokesperson for ACSM and ACE) and Fraser Quelch (Head Coach and Director of Training and Development at Fitness Anywhere, and pioneer in Suspension Training).

At the IDEA World Fitness Convention, Fitness Anywhere will host these top trainers at the Fitness Anywhere booth, #201, for a series of over 25 presentations throughout the conference. On Thursday, July 10 from 7:00am-8:00am, these trainers will all participate in an exclusive "Top Gun" workout where they will be teaching one another their most innovative new TRX workouts.

At both IDEA and NSCA, all conference attendees can participate in sessions with Suspension Training related topics including: workout formatting, metabolic circuits, corrective exercise to improve athletic performance, TRX Power Stretch and TRX for Functional Performance.

"It's exciting to bring together this amazing pool of talent into one place and see firsthand how they are incorporating Suspension Training into their practices," said Randy Hetrick, President

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## **Fitness Anywhere® Brings Together the Nation's Elite Trainers**

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and Founder of Fitness Anywhere Inc. "Trainers like these, with such a wide spectrum of clients, are developing new and effective Suspension Training programs for a variety of goals, whether it be for achieving peak athletic condition, building core strength, injury prevention or rehabilitation".

The complete line of TRX Suspension Training products, fitness guides and accessories can be purchased directly from Fitness Anywhere, Inc. online at [www.fitnessanywhere.com](http://www.fitnessanywhere.com). For more information on professional education, volume pricing or partnership opportunities, call the company at (888) 878-5348 or email [info@fitnessanywhere.com](mailto:info@fitnessanywhere.com).

#### **About Fitness Anywhere, Inc.**

**Fitness Anywhere, Inc. produces and sells Suspension Training® equipment and programs to trainers, athletes, the military and active individuals. The TRX® Suspension Trainer® is the original bodyweight-based, performance training tool that delivers a high quality, total-body functional workout, yet is completely portable and can be used almost anywhere. 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. For more information on Fitness Anywhere's products, programs and accessories, visit [www.fitnessanywhere.com](http://www.fitnessanywhere.com).**

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