

TEN MOST FUN-TO-RIDE MOUNTAIN BIKES

MOUNTAIN BIKE

ACTION

FEBRUARY 2008

**AIRLINE SECURITY
INSURE YOUR BIKE
SURVIVES THE FLIGHT**

**HOW TO GET
THE MOST
FOR THAT OLD BIKE**

**YOU AND
YOUR BIKE:
THE PERFECT FIT**



Foes FXR 2:1



Giant Trance XO



Ellsworth Moment

**26 vs. 27.5 vs. 29 WHEELS
DOES IT REALLY MAKE A DIFFERENCE?**

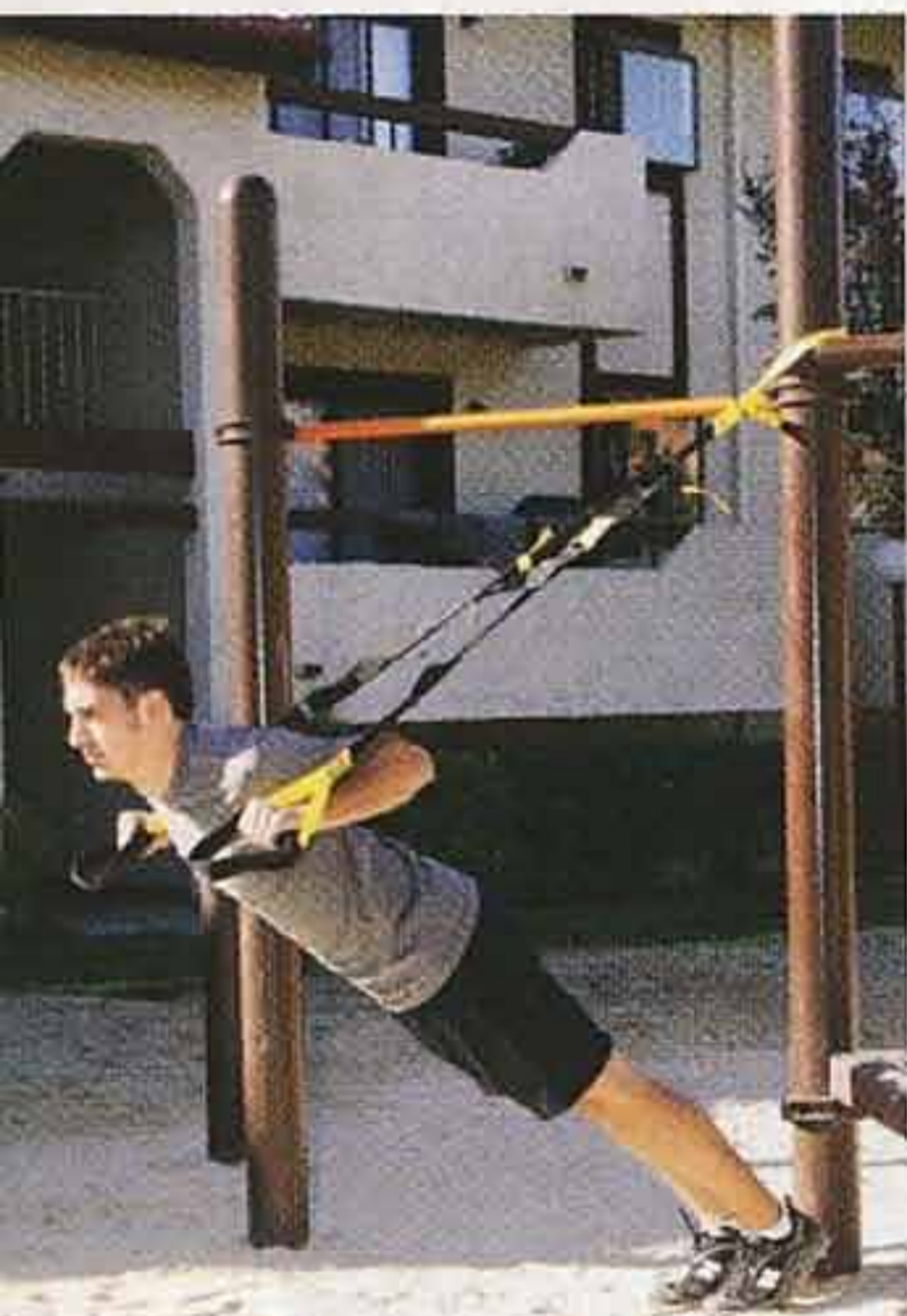
Attn. retailer: Please display until Jan. 31

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\$3.99



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TRX SUSPENSION TRAINER

A system of suspended straps that uses body weight and body angle for a three-dimensional resistance workout. Suggested retail is \$149.95.

Features: The TRX Suspension Trainer Professional includes an advanced strap system with integrated hand grips and foot cradles. It comes with detailed, easy-to-follow instructions, both on paper and on CD, as well as a waterproof, fold-out fitness guide with how-to photos and directions. The complete TRX Professional weighs just under two pounds and folds into an included, cantaloupe-size mesh bag. For more information contact (888) 878-5348.

Rating: ★★★☆☆ The TRX Suspension Trainer is very well thought out and very effective. It can be anchored to a post or a beam, or you can purchase an optional \$29.95 wall mount or \$19.95 door

attachment (which is what we used most). Expect to spend some time reading through the setup and workout information and then becoming familiar with the TRX's adjustability, body positions, and endless number of workouts. Like riding a mountain bike, the more you use the TRX the more you learn and the better you will get at effectively training with it. While foreign and weird in the beginning, the TRX Suspension Trainer will soon become very easy to set up and use. A big plus of the TRX is that it demands tremendous balance and core strength. Even if a routine targets the chest, arms, legs, stomach, etc., it loads muscles throughout the entire body. There's no doubt that the TRX Suspension Trainer is easy to own, easy to use, and very effective. Riders who are looking into doing some strength training during the off-season, or master-age riders who are looking for an easy way to maintain more strength year 'round, should consider the TRX.

