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FITNESS ANYWHERE RELEASES FIRST INSTRUCTIONAL DVD'S FOR "SUSPENSION TRAINING" - THE LATEST INNOVATION IN FUNCTIONAL TRAINING

DVD Release Underscores Growing Acceptance for Cutting-Edge Training Innovation Born in Navy SEAL Teams

SAN FRANCISCO, March 23, 2007 – Fitness Anywhere Inc., developers of the innovative "Suspension Training™" method have begun releasing its first line of DVD's designed to educate coaches, trainers and fitness professionals on how to utilize this rapidly emerging functional training method. The first two DVD's, *Core Strength* and *All Body Xpress* are real-time workouts that outline the principles and techniques of Suspension Training, whether as a compliment to existing workout programs, within group exercise applications or as a sole method for full-body training.

Suspension Training has quickly emerged through its use by top athletic and personal trainers including elite training professionals such as Todd Durkin, E.J. "Doc" Kreis and Peter Twist. In addition, top celebrity trainers like Gunnar Peterson and Juliet Kaska have discovered how Suspension Training benefits de-conditioned clients and professional athletes alike. Both DVD's provide set-up instruction, warm-ups and exercise routines, methods of progression, tips and techniques to maximize Suspension Training with the TRX®.

"Until now, attending our professional education courses was the only way to learn the unique principles and techniques associated with Suspension Training," says Hetrick. "Now our growing line of DVD's and training guides will provide instruction and guidance to fitness pros everywhere, allowing them to enhance their Suspension Training™ programs with the TRX."

The TRX is a system of adjustable straps made from soft industrial strength nylon webbing that is non-elastic. Users exploit gravity and use 5 – 100% of their own bodyweight for resistance. By simply adjusting body position, users can vary the resistance level in each exercise and progressively increase the level of difficulty as their strength-to-weight ratio improves.

"Suspension Training gives coaches and trainers the opportunity to safely use multi-planar core focused strength movements that work the entire kinetic chain like no other fitness

More...

Instructional DVD's for Suspension Training™

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product," says Fitness Anywhere's Director of Education, Fraser Quelch. "Being able to work the body through the frontal, sagittal and transverse planes is critical for optimal performance training, and helps prevent injuries."

Suspension Training evolved in the military when former Navy SEAL squadron commander and CEO of Fitness Anywhere, Randy Hetrick created the TRX (Total-body Resistance eXercise) System for maintaining peak physical condition while on deployment in the most remote and resource deprived parts of the world. As Hetrick saw increasing enthusiasm among his friends both in uniform and out, it became clear that this new way of working out was not just a tool for military personnel, but a highly effective athletic training and mainstream fitness solution.

The complete line of TRX products, fitness guides and accessories can be purchased directly from Fitness Anywhere, Inc. online at www.fitnessanywhere.com. For more information on TRX Suspension Training Courses, volume pricing or web affiliate distribution opportunities, call the company at (888) 878-5348 or email info@fitnessanywhere.com.

Fitness Anywhere, Inc. is a leading producer of bodyweight training equipment and exercise programming designed for trainers, health clubs, military users and athletes of all levels. Originally developed in the Navy SEALs, the TRX Suspension Trainer is the original bodyweight training system that delivers a fusion of strength, balance and flexibility all in a single station.

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