



# Fitness Anywhere

Make your body your machine®

**FOR IMMEDIATE RELEASE**

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## **Fitness Anywhere Introduces the Second Installment of TRX® *Boot Camp™: Ropes and Straps* DVD Series**

***TRX Inventor Randy Hetrick and World Class Jump-Roper Buddy Lee Collaborate On Fusion of TRX® Suspension Training® Exercises with Intensive Jump Rope Intervals***

**SAN FRANCISCO, November 3, 2009**— Fitness Anywhere Inc., the creators of Suspension Training® bodyweight exercise, a revolutionary functional fitness method born within Navy SEAL teams, released today the TRX *Boot Camp: Ropes & Straps Round 2 DVD and Guide*. The DVD features former US Olympic wrestler and world class jump-roper, Buddy Lee. The highly anticipated second installment brings back Lee's innovative jump-rope-based training methods with Suspension Training® exercises, which are arguably the most-effective and efficient forms of functional training.

The original *Boot Camp: Ropes & Straps* delivered a circuit-style workout with a pyramid design where all the exercises performed in the first half of the workout were repeated in reverse order in the second half. For TRX *Boot Camp: Ropes & Straps Round 2*, Fitness Anywhere delivers yet another intense full-body workout, delivering total-body strength and cardiovascular endurance while using staggered block progressions—which means the movements gradually become more challenging as you progress and are incorporated with advanced jump rope intervals. In addition to the higher intensity, *Round 2* is more technical with more rotational exercises that engage the core, something the TRX does better than any other single piece of fitness equipment available today.

“This is a one-of-a-kind workout that delivers overall strength as well as cardio training, which is why we are so excited to continue the *Boot Camp* series. *Round 2* was designed to be more challenging than the original, to continue to build your strength and improve your performance,” said Randy Hetrick, Founder and President of Fitness Anywhere, Inc. “Not very often do you get a workout created by a Navy SEAL and an Olympian, it is the epitome of an elite workout that will push your body to the limits.”

### **About TRX® Suspension Training®**

Developed by Fitness Anywhere, Suspension Training® is a proprietary exercise modality that simultaneously builds strength, balance, flexibility and core stability. 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.

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Since its introduction to the marketplace in 2005, the TRX Suspension Trainer has proven to be the ideal solution for personal, small and large group functional training and has been rolled out in top gyms across the country, including Crunch, Urban Active, and Equinox. It is used and trusted by trainers, athletes, physical therapists, and all branches of the military. Its popularity with professional athletes and team training rooms is exploding across the NFL, NBA, MLB, NHL, UFC and NCAA. The performance training community, including world class conditioning coaches such as Todd Durkin and Mark Verstegen, and elite personal trainers like Gunnar Petersen and Bob Harper are embracing Suspension Training bodyweight exercise as a tried and true fitness method appropriate for all fitness levels.

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

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