



**Fitness Anywhere**

**FOR IMMEDIATE RELEASE**

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**SUSPENSION TRAINING™ DVD ENABLES FITNESS PROS TO HARNESS INNOVATIVE FITNESS TREND INSPIRED IN NAVY SEAL TEAMS**

***"Trainer Basics" DVD, Makes Learning and Implementing Suspension Training™ with Clients and Members of All Fitness Levels as Practical as the TRX® Suspension Trainer™ Itself***

**SAN FRANCISCO, October 10, 2007** – Fitness Anywhere has released its latest instructional DVD: "Trainer Basics, Volume 1", a 60 minute course, developed for fitness professionals. The DVD shows trainers the fundamentals of Suspension Training and how to adapt the various exercises for all client programs.

"This DVD is a must for anyone looking into benefiting from the superb effects of Suspension Training," says Todd Durkin, 2-time Personal Trainer of the Year. "The TRX and this program will surely challenge your clients of all levels - beginning to advanced, including professional athletes. If you want to continually challenge your clients and get results, watch this DVD!"

Suspension Training is a new category of functional exercise that enables users to utilize their bodyweight and gravity to create variable resistance and perform hundreds of ground-based exercises ranging from gentle rehabilitation to high-performance training. Suspension Training programs are applicable for individual, group training and boot camp settings and can be conducted virtually anywhere.

"We've condensed our eight-hour CEU approved Suspension Trainer Course material into this DVD offering to meet the growing demand from certified trainers seeking instruction," says Fitness Anywhere's Director of Education, Fraser Quelch. "Now, we're able to conveniently provide step-by-step education on setup, use guidelines and exercise progressions for the entire body and utilize the TRX Suspension Trainer to its fullest potential."

Suspension Training evolved in the military when former Navy SEAL squadron commander and CEO of Fitness Anywhere, Randy Hetrick created the TRX Suspension Trainer for maintaining peak physical condition while deployed 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 – all within a single training station.

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Since its introduction to the marketplace in 2006, the TRX Suspension Trainer is now used and trusted by trainers, coaches, athletes, physical therapists, and all branches of the military. Its popularity with teams in the NFL, NBA, MLB, NHL and NCAA surges onward and it has quickly become a mainstay in top health clubs across the country. Already adopted by elite trainers such as Todd Durkin, Jonathan Ross, Justin Price and many more, the personal training community is embracing Suspension Training and further establishing it as a tried and true fitness method appropriate for practically everyone.

The complete line of TRX 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 TRX Suspension Training Courses, volume pricing or distribution opportunities, call the company at (888) 878-5348 or email [info@fitnessanywhere.com](mailto:info@fitnessanywhere.com).

**Fitness Anywhere, Inc produces and sells Suspension Training™ equipment and programs to health clubs, 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.**

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