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**TITLEIST PERFORMANCE INSTITUTE BRINGS INNOVATIVE NAVY SEAL TRAINING
TO TODAY'S FITNESS-MINDED GOLFERS**

***Golf Performance Experts Partner with Fitness Anywhere, Developers of
Revolutionary "Suspension Training™" Method on Innovative Golf Workout DVD***

SAN FRANCISCO, May 29, 2007 – Fitness Anywhere Inc., pioneers of Suspension Training™ a revolutionary method of functional fitness born within Navy SEAL teams, have joined forces with the leading authority on golf fitness, the Titleist Performance Institute (TPI), to produce an innovative training DVD for golfers of any age or skill level. The first sport-specific DVD incorporating Suspension Training, *Golf Workout* provides golfers with a comprehensive fitness program including warm-up routines and real-time full-body workouts to increase strength, balance, flexibility and core stability, ultimately resulting in better control, increased power and prevention of common golf-related injuries.

"Working together with Fitness Anywhere and its TRX® Suspension Training system, we've created an exciting new program that brings another level of functional fitness to the game of golf," said Dr. Greg Rose, cofounder of the Titleist Performance Institute. "This practical and innovative training system allows us to mimic golf-swing mechanics while working against safe and effective levels of resistance that can be adjusted to each user based on their varying fitness levels and capabilities. The system allows golfers to effectively target critical core stabilizer muscles essential to postural control and overall strength, which ultimately translate to better swing control, distance on the golf course and prevention of the most common golf related injuries."

Suspension Training originally evolved in the military when Randy Hetrick, president of Fitness Anywhere, Inc., was a Navy SEAL squadron commander and needed a way for his team to maintain peak physical condition while on deployment in the most remote and resource-deprived parts of the world. To meet this need, Hetrick created a portable device they could use to train the entire body using only their own body weight. Inspired by the growing success of his invention within the military ranks, Hetrick devoted himself full time to its development into a commercially viable performance training tool. The TRX® Suspension Trainer is now used by a rapidly growing number of top athletic trainers, professional athletes, personal trainers, health clubs and active-minded individuals.

The TRX® Suspension Trainer is a professional-grade functional training tool that is made

More...

Golf Workout DVD

Page 2

from soft industrial-strength, non-elastic nylon webbing. Users exploit gravity and use from 5 – 100% of their own bodyweight for resistance – no extra weights required. 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. The design of the TRX also allows users to perform unique exercises that combine, strength flexibility and core stability simultaneously.

"We are excited by our affiliation with Fitness Anywhere," says David Ostrow, CEO of Body Balance for Performance®, a national chain of health and fitness centers providing customized golf-specific personal training. "The TRX is a wonderful training tool for our golfers. It allows us to provide golfers with a device that they can use at home or on the road to perform functional training and body weight exercises to build strength, control and mobility for the golf swing"

The TRX weighs less than two pounds and folds into the size of a golf shoe and because it can be set-up on any secure overhead structure such as pull-up bars, fence, beam, walls or doors, users can work out literally anywhere.

"After giving birth to my son, workouts using the TRX helped me get back to the LPGA Tour in just eight weeks. Not only are the workouts intense, which helped me to regain club head speed, the functionality allows me to get great workouts anywhere," says Laura Diaz, LPGA professional.

The *Golf Workout DVD* and complete line of Suspension Training 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.

About Fitness Anywhere, Inc.:

Fitness Anywhere, Inc. is the leading manufacturer and distributor of bodyweight training equipment and exercise programming designed for trainers, health clubs, military users and athletes of all levels. Originally developed in the Navy SEAL teams, the TRX® Suspension Trainer™ is the original bodyweight training system that delivers a fusion of strength, balance and flexibility - all within a single station that you can take and set up anywhere.

About the Titleist Performance Institute:

The Titleist Performance Institute (TPI) was created to provide players of all skill levels with the ultimate golf learning experience. TPI is one of the most technologically advanced golf evaluation facilities in existence focusing on swing efficiency, conditioning and custom equipment fitting. It combines industry leading experts, state of the art technology, and world-class facilities to enhance the performance and physical well-being of golfers of all skill levels.

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