



Fitness Anywhere

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**FITNESS ANYWHERE, MAKER OF THE TRX SUSPENSION TRAINER™, RELEASES
TWO NEW SPECIALIZED TRAINING PROGRAMS**

***“TRX® Biomechanics: Healthy Back” improves back wellness
by improving total body mobility, flexibility and alignment.***

***“TRX® Performance: Tennis” provides-all-in-one cardio and strength training workout
that can be done on the court, at the gym, or at home.***

SAN FRANCISCO, June 9, 2008 – Fitness Anywhere Inc., pioneers of "Suspension Training®", a new category of physical conditioning born within the US Navy SEAL teams, has just released two new programs that demonstrate the versatility of the TRX Suspension Trainer™. The TRX is the original bodyweight-based, performance training tool that delivers a total-body workout, yet is completely portable and can be used almost anywhere.

Both of these new programs feature former tennis pro, corrective exercise specialist and IDEA Trainer of the Year Justin Price. Each package includes a full featured DVD and a comprehensive, full-color printed exercise guide. *TRX® Biomechanics: Healthy Back* focuses on how to build back strength, alignment, flexibility and range of motion to improve performance and reduce the chance for injury. *TRX® Performance: Tennis* features a 40-minute real-time Suspension Training® workout with cardio drills designed to mimic actual tennis strokes and footwork to improve on-court performance.

Back pain is the second most common neuromuscular ailment in the United States, costing Americans around \$15 billion per year for medical care and disability payments. It is the leading cause of disability in Americans under 45 years old, and more than 26 million Americans between the ages of 20-64 experience frequent back pain. Price, co-owner of The BioMechanics in San Diego, CA, specializes in assessing and correcting neuromuscular and structural imbalances that cause chronic pain. In *TRX® Biomechanics: Healthy Back*, Price integrates the principles of his BioMechanics Method into this Suspension Training® program.

In *TRX® Performance: Tennis*, the first title of the new *TRX® Performance Series*, Price takes viewers through a 40-minute real-time workout incorporating a tennis-specific TRX® Suspension Training® program and cardio drills. Price applies his tennis pro experience to a program designed to take your on-court performance to the next level. This program focuses on developing tennis-specific power, strength, agility, shoulder mobility and control.

“Fitness Anywhere is committed to developing Suspension Training programs utilizing the unparalleled versatility and functionality of the TRX to meet the specific needs and objectives of users in any sport and at every level,” said Randy Hetrick, Founder and President of Fitness Anywhere Inc. “We’re proud to launch these new titles to provide our consumers with additional education to take their training to the next level.”

The TRX® Suspension Trainer™ is a versatile and portable physical training tool whose patented design is constructed of soft industrial strength nylon webbing that is non-elastic. Users leverage gravity and their own bodyweight to create the desired amount of resistance in any exercise. As users improve their strength-to-weight ratio they can choose from hundreds of all-body exercises and simply adjust their body position to make each movement more challenging.

The *TRX® Biomechanics: Healthy Back DVD*, *TRX® Performance: Tennis DVD* and complete line of TRX® products, training programs 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. produces and sells Suspension Training® equipment, programs and education to trainers, athletes, the military and fitness facilities. 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.

About Justin Price

Justin Price (MA) is a Biomechanics Specialist with over 15 years of experience in the field of health and fitness. His expertise lies in assessing and correcting neuromuscular and structural imbalances that cause chronic pain. He has helped athletes, people with injuries, people with disabilities, children, seniors and others to improve their lives through his unique approach to exercise and human movement analysis. He is a published author, professional speaker and consultant to the media. Justin is also an IDEA Health and Fitness Association Committee Member, their national media spokesperson, and the 2006 IDEA Personal Trainer of the Year.

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