

TRX[®]

Basic Training

An Introduction to Suspension Training[®] Bodyweight Exercise

DVD
VIDEO
+
WORKOUT
GUIDE

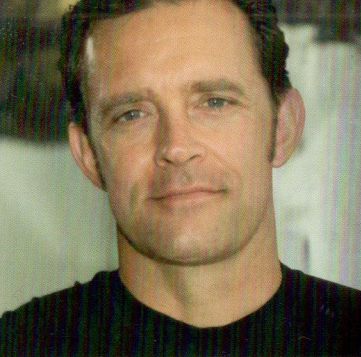


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Fitness Anywhere

Make your body your machine



Featuring:

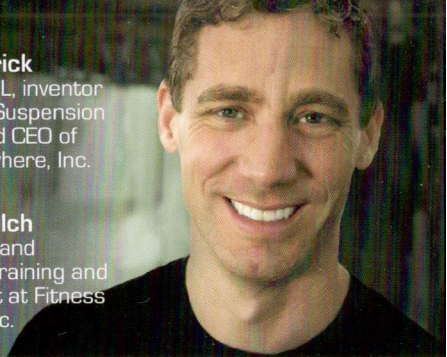
Randy Hetrick

US Navy SEAL, inventor of the TRX[®] Suspension Trainer[™] and CEO of Fitness Anywhere, Inc.

and

Fraser Quelch

Head Coach and Director of Training and Development at Fitness Anywhere, Inc.



Get the most out of your TRX[®]

Join Fitness Anywhere founder Randy Hetrick and Director of Training and Development Fraser Quelch as they show you how to get the most out of TRX[®] Suspension Training[®].

The Set Up and Use Clinic shows you how to configure your TRX Suspension Trainer[™] for safe, effective training and describes techniques to optimize each exercise for your fitness level.

The fun and dynamic TRX Basic Training workout builds strength, flexibility and endurance while burning calories and strengthening your core. TRX Suspension Training harnesses the way your body naturally moves. Regular training on the TRX will improve your performance in daily activities, recreation and sports.

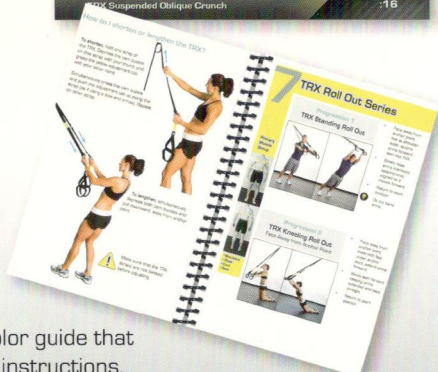
DVD includes:

- Comprehensive TRX Set Up and Use Clinic
- 40-minute workout, filmed in real time
- Bonus Extras

Quickstart & Workout Guide: A durable, full-color guide that includes: safety guidelines, TRX Set Up and Use instructions, exercise photos and training tips.

Visit fitnessanywhere.com to learn more about our products, programs and services.

Total running time: 65 minutes



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