

# american FITNESS

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## JEANETTE Jenkins

The Hollywood  
TRAINER

VEGETARIAN  
DIETING

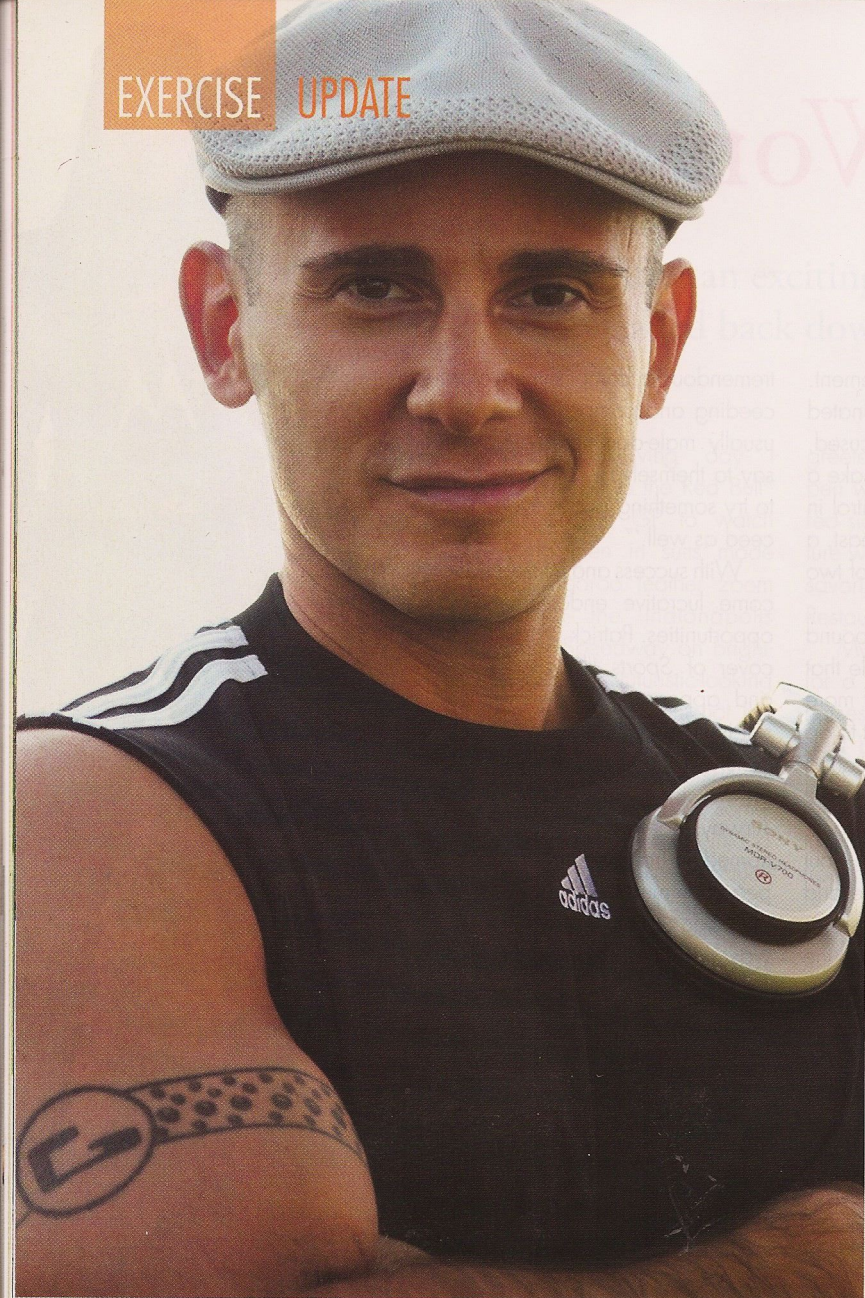
## Indy 500:

BEING FIT TO RACE

EARN CEUs: Mind-Body-Spirit

PHYSICAL THERAPY FOR NEW MOMS  
UNDERSTANDING THE THYROID • SPORT-SPECIFIC PLYOMETRIC TRAINING





## Groove With the Fitness DJ

One of the country's leading specialists in workout music, Deekron "The FitnessDJ," has launched a new fitness music podcast called Motion Traxx™. The podcast is free to subscribers, and provides runners and fitness enthusiasts with high-energy, steady-tempo music to keep them motivated and on track with their fitness goals for the year.

"Fuel For Running" Motion Traxx features hour-long episodes of seamlessly mixed, upbeat dance music. The fast, steady tempos are ideal for setting the pace of a run. In addition, fun, energizing dance tracks provide sustained motivation, which makes Motion Traxx great for many types of exercise or activities. Motion Traxx keeps many workouts "in motion."

"Motion Traxx works on two levels," Deekron said. "On one level, it provides a consistent pace for a run or workout. On another level, though, it encourages and stimulates. Very simply, it makes running and exercising more effective and fun."

For more information, visit [www.motiontraxx.com](http://www.motiontraxx.com).

# Jump to It

FitnessAnywhere, Inc., pioneers of TRXSuspension Training®, has released two new training DVDs featuring former U.S. Olympic wrestler and world-class jump-roper, Buddy Lee. The two new titles incorporate Lee's innovative jump-rope-based training methods with Suspension Training. *TRX@Essentials Cardio Circuit* combines the TRX with the jump rope to create the ultimate interval training workout. The combination of Suspension Training and jump rope exercise provides a fun and completely unique total body circuit, keeping heart rates elevated as it progresses from basic to more challenging levels.

*TRX@Essentials Boot Camp: Ropes & Straps* also combines the TRX and jump rope to build anaerobic endurance and maximize power. This

program takes training on the TRX to a new level of intensity with nonstop cardio challenges spliced with elite strength training that will challenge the most advanced user. "Much like FitnessAnywhere has done with the development of Suspension Training, Buddy Lee is a fitness innovator who has unearthed entirely new avenues for training and conditioning with his unique techniques," said Randy Hetrick, founder and president of Fitness Anywhere, Inc. "The combination of Buddy's methods and our own is yet another positive step in our mission to continually expand the capabilities of Suspension Training with the TRX."

For more information contact [info@fitnessanywhere.com](mailto:info@fitnessanywhere.com).