

Stay Fit as a Frequent Flyer with Rip:60 Posted on **January 16, 2015**

Did you know staying fit while traveling was once thought to be as impossible as man walking on the moon? It's true. For centuries people said neither would ever be done. Well, on July 20, 1969 man stepped foot on that asteroid in the sky and ever since then it's been one technological advancement after another, leading us to this, the present day when . . . (drum roll) It's now possible to stay fit while traveling!

One of the hardest parts about staying fit when you're on the road is the fact that your regular exercise routine is completely thrown off. You're running from the airport, to the taxi, from the taxi to the hotel, from the hotel to meetings and conferences and from meetings to grab a quick bite to eat before you have to run back for even more meetings.

After the long day is over and you're back in your hotel room the last thing you feel like doing is venturing downstairs to find your hotel's fitness room, which usually consists of a dumbbell rack missing half its weights and an old treadmill that looks and sounds like it was built around the same time Neil Armstrong said those infamous words; *"this is one small step for man and one giant leap for mankind."*

There are many different exercises you can do in your hotel room to get in that workout while you're on the road but our all-time favorite is the Rip:60 suspension training system!



Rip:60 is a fitness program designed to change the way you look, feel and move, through progressive programming, constant motion, versatile movements and the power of rotation. This body weighted suspension-style method of training consists of hundreds of both off and on-strap movements and relies upon the users own body weight for resistance, making it an optimal tool for any and all fitness levels to achieve many different fitness goals.



The convenient design of Rip:60 makes it easy to take your workout almost anywhere you go. Just throw it in your carry-on bag before you head to the airport and you're set! The Rip:60 suspension training system attaches to most doors, meaning you can workout in the comfort of your own hotel room. Just think; those restricting hotel fitness room hours won't apply to you as you're working up a sweat in your room at all hours of the night with one of the 12 progressive Rip:60 DVD's!

You may be asking yourself, *"In a market saturated with suspension training systems, what's so special about Rip:60?"* Simple. **THE POWER OF ROTATION!** The Rip:60 strap's ability to rotate adds a vital component to suspended-style training. Following the successful formula of functional training, it is essential to our health that we are able to train the way we move in our daily activities. As any athlete can attest to, there is a tremendous amount of power that comes from rotation. As we strengthen the core muscles that enable us to rotate, we add a level of power to our training that will vastly improve our fitness levels. Whether the goal is to improve a specific athletic skill or to simply move more comfortably and confidently in daily activities; the ability to train with rotation is a necessary addition to a successful workout routine.

We can't promise that training with Rip:60 will give you the ability to dart and weave to the front of the line as the flight attendant announces that they're now boarding economy class on your return flight home but hey, it can't hurt either. If you'd like to learn more about the Rip:60 suspension training system click [HERE](#). If you've heard all you need to know and would like to purchase a Rip:60 suspension training system call us at: 877-363-8449.

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