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FOR IMMEDIATE RELEASE

Contact: Jay Wilson  
1-800-288-3047 x728

**CrossCore, Inc Announces ISSA Certified  
Rotational Bodyweight Training™ at Anytime Fitness, Fountain Valley, CA**

Duarte, CA – CrossCore, Inc. will hold its next ISSA certified RBT™ Course on Sunday February 19, 2012 from 12:00 - 6:00 PM at Anytime Fitness in Fountain Valley, California. This course will be led by CrossCore® Master Trainer, Mike Dunn.

CrossCore's RBT™ Courses feature the company's innovative patents pending pulley workout system and teach users about the benefits of CrossCore® Rotational Bodyweight Training™ or "CrossCore® RBT™". This new exercise program allows users to incorporate natural and rotational movement while performing bodyweight exercises.

Rotation is a necessary component of truly effective suspended bodyweight training and of tri-planar movement. It is what makes it possible to perform moves involved in a sport, occupation or everyday life for maximum results. And rotation is crucial in properly strengthening the core and preventing injuries in other parts of the body.

"CrossCore® RBT™ is more than suspended bodyweight training. Where the competition stops is where CrossCore® excels and changes the game!" said, Jay Wilson, Vice President, Global Marketing, CrossCore, Inc.

CrossCore will be hosting more RBT™ Courses at gyms on the West Coast early in 2012, and expanding rapidly around the country thereafter. For more information on how to become involved with CrossCore® RBT™ visit [www.crosscore-usa.com](http://www.crosscore-usa.com).

"CrossCore RBT™ takes clients of all fitness levels through bodyweight exercises. Our ability to offer rotational movement helps users challenge themselves, their core, their whole body. Our locking and unlocking pulley systems and the hundreds of exercises involved separates us from suspended training and non-moving straps," concluded Wilson.

CrossCore, Inc. is a manufacturer of advanced *Rotational Bodyweight Training™* products and accessories. Its one-of-a kind patents pending pulley systems adds rotational movements to continuously engage the core and the entire body to create highly effective training techniques. Additionally, CrossCore® products offer high versatility in fitness training with the addition of accessories including modular training racks and attachment straps for kettlebells, gymnastic rings, and sandbags to deliver peak conditioning opportunities. CrossCore® allows all levels and ages of users- fitness enthusiasts, sports performance athletes, military personnel, mixed martial artists and more- to safely challenge themselves and to actively grow their fitness goals. CrossCore's rotate to engage products are distributed in the U.S. and Internationally.

For more information please go to [www.crosscore-usa.com](http://www.crosscore-usa.com) or contact Jay Wilson at [jay@crosscore-usa.com](mailto:jay@crosscore-usa.com)