

# MostFit Introduces Stability Training Tools That Initiate a Whole New Way to Train

LOS ANGELES, Calif., March 3, 2015 (SEND2PRESS NEWSWIRE) – Following the launch of SYN Rings – a revolutionary product that changes the paradigm of stability training – MostFit has just released the new [Core Hammer](#) to the market. If you're looking to add a new dimension of intensity, explosive muscle engagement and core training to your exercise regimen, or for your clients, these tools fit the bill.

The MostFit Core Hammer is a first of its kind, finally making sledgehammer workouts possible without the tire. The Core Hammer is designed just like a sledgehammer, but the head is round and composed of solid hard rubber, providing the right amount of rebound so the user can establish a rhythm that exactly mimics traditional sledgehammer swings.

This means that sledgehammer workouts can now be done anywhere – in a park, gym, Crossfit box, or at home and multiple users can workout together in small spaces with the Core Hammer, which fits in nicely with MostFit's mantra of helping the user be the "Most Fit" they can be – anywhere, any time.

MostFit SYN Rings allow the user to suspend weight plates from an Olympic weightlifting bar creating instability; forcing the user to engage more core and stability muscles and increase overall strength. The rings allow the weight plates to move in all directions, including forward, back, side-to-side, up-and-down and in circular motions.

"Stability weight training with the MostFit SYN Rings promotes core stabilization, explosive muscle engagement and athletic development – it's a whole new way to train," says Dr. Santo Riva PT, DPT, OCS, NASM-CPT.

The MostFit Suspension Strap offers "grab-and-go exercise" at little cost. It's a safe, affordable and most importantly, portable way to get your workout on – at home, at the office or on the road. Bodyweight training with the MostFit Suspension Strap will strengthen major muscles, while improving balance and core strength. It's designed to be a single, contained unit, and all adjustments are made using just the body. There are no extra parts or adjustable clips to get in the way of the workout and the anchor is attached. Additionally, the MostFit Suspension Strap weighs significantly less than other products available, and it contains no metal parts, so it can easily be brought in your carry-on luggage for air travel.

"If there's one thing that my passion and experience as a fitness instructor has taught me, it's that health and wellness don't have to be out of reach," says Andrew Gavigan, Founder and President of MostFit. "I was inspired to create the MostFit brand and line of products in order to make working out more interesting and accessible to everyone and to innovate well into the

future.”

The MostFit product line also includes Resistance Loops, Resistance Tubes and Resistance Bands, as well as exercise mats.

MostFit has formed distribution partnerships with all the right players, including Perform Better, Gopher Sport, Power Systems, and can also be found in key retail outlets in and around L.A. and in Canada, as well as online at <http://Most-Fit.com/>.

#### **About MostFit:**

Founded by trainer Andrew Gavigan in 2011, MostFit is focused on creating and sharing affordable, efficient and accessible fitness equipment that empowers individuals to get stronger and to workout anywhere, any time.

MostFit is dedicated to promoting fitness throughout the community, as a means to health and happiness. Their goal is to make fitness enjoyable, accessible and realistic – which is paramount to creating a healthy body image and ultimately, success.

\*PHOTO for media: [Send2Press.com/wire/images/15-0303-corehammer-300dpi.jpg](http://Send2Press.com/wire/images/15-0303-corehammer-300dpi.jpg) .

\*Photo Caption: The MostFit Core Hammer.

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