

MostFit will Feature Core Hammer Demonstrations at the 2015 Athletic Business Conference and Expo in New Orleans

LOS ANGELES, Calif., Oct. 28, 2015 (SEND2PRESS NEWSWIRE) – On November 19 – 21, MostFit will join more than 300 manufacturers, suppliers, architects and consultants from the sports, recreation, fitness, active-aging and medical fitness industries, plus attendees from 49 states and 20 countries at the 34th annual Athletic Business Conference & Expo.

“We are looking forward to being among the top fitness and recreational companies in the industry, and having the opportunity to share our products with fitness professionals from around the world,” says MostFit owner, Andrew Gavigan.

Andrew will be demonstrating exercises and movements that can be done with the brands best-selling and most popular product – the Core Hammer – on the ABC Live Demo Stage on Thursday, November 19 at 3 p.m. and on Friday, November 20, 2015 at 3:30 p.m.

The demos will include a sneak peak of new programming that’s currently in development, and set to launch in early 2016. Programming will include CEC accreditation and roll into certification workshops and sessions for trainers and pros in the fitness industry.

During Trade Show hours, attendees will receive 10 percent off of all products in the booth (Booth # 347), and can come by any time to try the products out.

MostFit products include:

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 material, 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.

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

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.

More information: <http://most-fit.com/>.

* PHOTO for media: Send2Press.com/wire/images/15-0630-core-hammer-12lb-300dpi.jpg

TWITTER: @MostFitWorkOuts

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