

Cool Tool: Tubing fans rejoice! The FITSTRAP makes your training easier!

Posted: Jun 28th 2007 2:00PM by [Fitz K.](#)

Filed under: [Emotional Health](#), [General Health](#), [Diet and Weight Loss](#), [Healthy Products](#)

The [FITSTRAP](#) annoys me. Why? Because I didn't invent it myself. I've been training with tubes for at least 15 years and have gone crazy hooking them to the weirdest things in order to anchor them at different heights. I've hooked my tubes to couch legs, door nobs, refridgerators and more. I've even drilled holes to place hooks up and down my walls! Why didn't I invent the [FITSTRAP](#)? Why? Why? Why??

I love tubes. Tubes are inexpensive, lightweight, can be enormously challenging, and capable of assisting you to work every muscle in your body. They're perfect for travel, training at home, at the office, for therapy, and cool workouts in the gym. I love tubes! I should have thought of the FITSTRAP. Arrrghh!!

Apparently though, this guy Frank Rotella is just cooler than I am. He invented the FITSTRAP and as soon I get done resenting him.....I'll be grateful he did. The FITSTRAP basically allows any door to serve as a cable machine. It's a long black strap with little loops sewn into it, and a clip on the end so it can be fastened tight around the length of any door. Once it is in place, you place your tube through a loop at a height where you want it to be and get to work.

Traditionally, tubes are easy to use if you place one foot on the center of them and lift the handles in an upward motion. Great for shoulders and biceps. But if you want to work your chest for example, you'd have to find a sturdy object behind you, at shoulder height to hook your tube on and then press forward. Search no longer. The FITSTRAP will allow you to work every muscle in your body, just as a cable machine would.....for about one hundredth of the price.