

## **Suspension Revolution 2.0: Review Examining Dan Long's Program Released**

*Suspension Revolution 2.0 reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this program from an expert suspension trainer as well as a trainer for top professional athletes at the Powerhouse gym.*

**(PRWEB) July 30, 2014**

Suspension Revolution 2.0 claims to be a revolutionary product that is guaranteed to give one killer abs. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Suspension Revolution 2.0 review shows that it is a product which contains an array of videos and PDF's that are designed to help keep your body lean and fit through a series of suspension workouts," reports Stevenson. "This program not limited to a certain group of people, rather it is suitable for all sets of person who wish to develop lean but compact muscles while at the same time looking to keep fit. The idea of 191 exercises is not only excellent, but also adds a dimension of fun to the program since you will not be tired due to a handful of boring exercises."

Suspension Revolution 2.0 includes a 4-week beginner suspension workout program, a 4-week intermediate suspension workout program, a 12-week advanced suspension workout program, suspension after burn finishers and a bonus video that contains a set of 10 exercises that can be slotted into the main workout program to add spice to them.

"191 amazing suspension exercises make this program suitable for a wide variety of people regardless of their gender or sex. This is because it offers you many alternatives when one exercise gets the better of you. Nice and precise bonus videos also add depth to your workout exercises," says Stevenson. "Perfectly planned out and with easy to do and very effective after burn exercises, the program is carefully set to take a person from easy to difficult exercises while eliminating any instance of muscle and back ache."

"Suspension Revolution 2.0, the well laid out exercise program not only has a proven track with pro athletes and superstars, but also with ordinary people. Despite the challenging beginner exercises for newbies, this program is still worth every penny coughed up. Extremely cheap to manage, the program only involves use of ropes or webbing. Its constant use by pro athletes and superstars is certainly a stamp of approval for its effectiveness."

Those wishing to purchase Suspension Revolution 2.0, or for more information, click here: <http://healthyandfitzone.com/go/SuspensionRevolution20/>

To access a comprehensive Suspension Revolution 2.0 review, visit <http://healthyandfitzone.com/suspension-revolution-2-0-review>