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FOR IMMEDIATE RELEASE

New S-Drive Performance Trainer from Matrix Offers Versatility, Intensity and Accessibility with a Space-Saving Design

COTTAGE GROVE, Wis. (March 5, 2015) – Matrix Fitness introduces the S-Drive Performance Trainer, a unique piece of athletic equipment designed to deliver the functionality found in self-powered treadmills, weighted sleds, resistance parachutes and harness systems in one space-saving footprint. In addition, the S-Drive Performance Trainer is cord-free so it can be placed where it fits best, without needing to be plugged into an electrical outlet.

“The S-Drive Performance Trainer is truly unlike anything else on the market today,” said Mark Zabel, vice president of global marketing for Johnson Health Tech. “We worked with some of the world’s most demanding coaches and athletes to understand their needs and deliver a product that exceeds their expectations by developing exercise protocols to support sprinting, sled pushing, and agility work.”

The versatility of the S-Drive allows coaches to deliver intense sprinting and sled-pushing workouts to athletes while being able to stand alongside them to provide immediate feedback. It also complements small group training circuits by allowing several different exercises to be completed in tight spaces.

The thoughtful design of the S-Drive Performance Trainer enables sprint training, interval training and weighted sled resistance pushes in limited spaces. For sprinting, a parachute brake with eleven resistance levels simulates outdoor parachute resistance, while an adjustable harness allows users a complete range of upper body motion while helping coaches observe multiple sprint phases.

The built-in seven-degree fixed incline helps build strength and explosiveness in sprinters without changing the athlete’s natural gait, and no preset belt speeds mean that users can match their workout to their personal needs and fitness goals. The low-inertia design with true-to-life ground reaction force and quick deceleration enables high intensity interval training. To mimic a true-to-life experience of pushing up to 270 pounds on natural turf, the S-Drive Performance Trainer features a dedicated sled bar combined with a sled brake with eight resistance settings.

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ADD ONE – S-Drive Performance Trainer by Matrix

Additionally, field testing has shown that based on EMG results, the S-Drive Performance Trainer can be used in place of the traditional sled pushing and sprinting over ground. Meaning that athletes can achieve the same muscle activation on the S-Drive without the need for excess track or field space.

For more information about the all-new S-Drive Performance Trainer from Matrix, visit matrixfitness.com.

About Matrix Fitness

Matrix Fitness (www.matrixfitness.com) is the fastest growing commercial brand in the world and is the commercial brand of Johnson Health Tech. Matrix is comprised of a complete line of cardiovascular and strength-training equipment for health clubs and other fitness facilities.

About Johnson Health Tech

Johnson Health Tech, Inc. (JHT), Taiwan, is one of the largest fitness equipment manufacturers in the world and is home to some of the most respected brands in the fitness industry, including: Matrix, Vision and Horizon. The company manufactures a wide assortment of fitness equipment for both commercial and residential use, including treadmills, elliptical trainers, exercise bikes and strength training equipment. Johnson Health Tech's global management headquarters is based in Taichung, Taiwan, with global product development, marketing and engineering based in Cottage Grove, Wis.

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This press release may contain forward-looking statements. There are a number of risks and uncertainties that could cause actual results to differ materially from those anticipated by the statements above. These include, but are not limited to, competitive factors, technological and product developments, market demand and economic conditions.