



Media Contacts:
Brian Meehan
(262) 789-7630 x 133
brianm@celticinc.com

Tiffany Hoeye
(608) 839-1991
tiffany.hoeye@johnsonfit.com

FOR IMMEDIATE RELEASE

Personal Trainer Portal from Matrix Allows Trainers to Connect more Efficiently and Directly with Clients

COTTAGE GROVE, Wis. (March 9, 2015) – Matrix Fitness introduces a new technology platform that allows trainers to access client exercise data, assign workout plans and facilitate communication between training sessions. All of this is achieved electronically through the **Personal Trainer Portal**, which enables members to access feedback and training schedules via compatible consoles, desktop computers or wireless devices.

“The Personal Trainer Portal is designed to help trainers stay more connected and engaged with clients outside of regular scheduled training sessions,” said Andrew Kolman, director of console technology for Johnson Health Tech. “Trainers can prescribe workouts, check on progress and communicate one-on-one with clients to ensure they’re staying on track and achieving maximum results.”

The Personal Trainer Portal is compatible with Matrix 7xi consoles and seamlessly connects with popular third-party apps and wearables like Fitbit®, MyFitnessPal®, MapMyRun® and more. The Personal Trainer Portal is one of several technology solutions offered by Matrix Fitness.

“When it comes to technology, our goal is to complement the efforts of personal trainers by giving them tools to keep their clients engaged and coming back for more,” Kolman said.

For more information about the Personal Trainer Portal from Matrix Fitness, visit matrixfitness.com or call 866-693-4863.

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.

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ADD ONE – Personal Trainer Portal from Matrix Fitness

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, AFG 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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