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**FOR IMMEDIATE RELEASE**

## **New Functional Training Series from Matrix Offers the Ultimate in Versatility, Repeatability and Expandability**

**COTTAGE GROVE, Wis. (March 5, 2015)** – Matrix Fitness introduces Connexus, a highly-versatile functional training series designed to give club owners and trainers maximum flexibility, repeatability and expandability in their workout environment. Customers choose the system that works best for their facilities. Connexus is available as either a wall-mounted or a freestanding unit, and each features a variety of attachment points to accommodate a wide range of accessories and training modalities. Connexus is ideal for small-group training and functional-training classes where repeatability is important because it allows multiple users to perform the same exercise in unison. In addition, an expansion kit makes it easy and affordable to add capacity or create multiple circuit-training stations in a single space.

“Every club is different, so we developed a functional training station that can be easily adapted and expanded based on the individual needs of owners, trainers and end users,” said Becky Jalbert, global product manager – personal and group training for Johnson Health Tech. “Connexus is a powerful training system that will help attract members, bolster revenue and maximize space.”

### **Connexus Free/Connexus Perimeter**

The **Connexus Free** is a complete freestanding system with multiple training stations that users can access from all sides. The **Connexus Perimeter** is a wall-mounted unit that can function independently or serve as a base of an expanded system. Both feature low, mid and high anchor points to accommodate a variety of accessories, including: bars, bands, med balls, boxing bags, suspension training straps and more. Easy-release attachments simplify set-up and transitions between exercises to keep classes and individual training sessions moving smoothly.

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## **ADD ONE – Matrix Fitness Connexus System**

Because of its versatility, the Connexus is ideal for bodyweight, resistance and flexibility training for a wide range of individuals and ability levels. It comes with free, turnkey programming as well as a vast exercise library for trainers to use. Programs include the TRX Suspension Training module, Band & Ball module and Boxing module. The training resources are easily modified for varying ability levels and individual goals.

“Our commitment goes well beyond the equipment,” Jalbert said. “We also provide the programming, training and resources to ensure you get the most from our equipment.”

Matrix offers a variety of options to enhance a Connexus system, including a med ball target, magnetic chalkboard for training tips and notes, a landmine attachment and mobile storage carts.

For more information about the all-new Connexus series from Matrix Fitness, visit [matrixfitness.com](http://matrixfitness.com) or call 866-693-4863.

### **About Matrix Fitness**

Matrix Fitness ([www.matrixfitness.com](http://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, 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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