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FOR IMMEDIATE RELEASE

Matrix Fitness Introduces High-Intensity, Time-Saving Workout

The highly-effective Sprint 8[®] program helps trainers and members achieve maximum results

COTTAGE GROVE, Wis. (March 11, 2015) – Matrix Fitness is excited to announce the integration of Sprint 8[®] – a 20-minute, high-intensity interval workout program scientifically proven to boost energy, reduce body fat and promote lean muscle – into its 7xi line of treadmills, bikes, ellipticals and Ascent Trainers. The program was created by fitness expert Phil Campbell, author of “*Ready Set Go! Fitness*” and professional speed and athletic performance coach.

“We introduced Sprint 8 into our retail line of fitness equipment several years ago and it has been widely received,” said Mark Zabel, vice president, global marketing and product development for Johnson Health Tech. “With the growing popularity and proven effectiveness of HIIT training in the industry, it only made sense to incorporate the program into the commercial segment.”

The Sprint 8 program consists of short periods of intense workout followed by active rest. It only takes 20 minutes from start to finish and is designed to increase an individual’s natural growth hormone (HGH), which has been proven to help cut body fat, tone muscle, boost energy and improve overall speed and endurance. Sprint 8 has been thoroughly tested and proven to deliver up to 27 percent body fat loss in eight weeks.

“Long, tedious cardio workouts are no longer considered the only option for fitness success. The industry has turned to high-intensity interval training, like the Sprint 8 program, because of the proven health results it offers,” said Zabel. “Sprint 8 makes it easier for members by saving them time, while giving them the results to keep coming back.”

Sprint 8 is programmed into select 7xi Matrix equipment for easy, one-touch access. Members simply enter their age and weight, choose their level of intensity and press “Start.” The equipment will automatically change speed and elevation during the workout as it moves through sprints and recovery internals.

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Campbell and the Sprint 8 program have been widely covered by top media outlets, including Oprah's *O Magazine*, *Outside*, *Los Angeles Times* and more. For more information on Sprint 8 or Matrix Fitness, please visit <http://www.matrixfitness.com>

About Matrix Fitness

Matrix Fitness (www.matrixfitness.com) is the fastest growing commercial fitness 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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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 condition.