



## **FOR IMMEDIATE RELEASE**

**CONTACT:** Julie King  
847.638.1582  
JKing@torquefitness.com

### **New Fold Away Strength Trainer Revolutionizes Home Gyms**

**Andover, Minn. – Aug. 3, 2006** – Torque Fitness, LLC, a new strength equipment company with 155 collective years of experience in the fitness industry, has created a new, unparalleled category of home gyms with the first-ever F5 Fold Away Strength Trainer (F.A.S.T.).

Exceptionally designed to deliver virtually unlimited exercise variety, the unique F.A.S.T. is equipped with patent-pending technologies not found on other home gyms that enable it to be quickly and efficiently folded into a solid steel enclosure that takes up less than four feet by four feet. Users can tuck it into any corner for superior space efficiency, aesthetic appeal in any home and greater security.

“We are proud to be blazing new trails in strength training,” said Pete Borchert, president of Torque Fitness, “and the F.A.S.T. is unmatched in terms of offering a multitude of traditional and functional exercises, a remarkably compact footprint and absolute design integrity.”

#### **Technical Excellence**

Total-body workouts on the Torque Fitness F5 are efficient and effective, with a proprietary adjustable cable column that is integrated into the gym’s doors and offers two width positions for variety. Two fully adjustable swivel pulleys work the way the body naturally moves to facilitate numerous functional exercises that replicate daily activities or sports movements such as tennis and golf swings.

An integrated horizontal bench lets users perform traditional bench exercises such as chest press, lat pulldown and shoulder press. Then, it quickly and easily can be folded up to open the platform space for standing exercises such as lunges or movements that utilize a stability ball (not included with

**-more-**

gym), such as crunches. These self-stabilizing exercises can build greater strength, balance and overall body awareness.

For the lower body, the popular leg extension and prone leg curl station and an ankle strap for hip adduction, abduction and extension, are included.

Every exerciser is challenged by the 200-pound weight stack that integrates sound-dampening guide bushings to prevent metal-on-metal contact, which, combined with solid steel guide rods, create smooth, quiet weight stack travel.

### **Intelligent Extras**

Among Torque's innovations that enhance workouts are the Fast-Attach system that creates simple, quick cable handle changes; and the Torque Fork weight selection device that enhances security and efficiency through magnetic adherence. Color-coded pins and levers make adjustments easy, and an elevated door latch system minimizes access to moving parts for added protection when the gym is enclosed.

The F.A.S.T. includes several attachments to boost exercise options: a short strap D-handle, two universal adapters with snap hooks, a lat bar and an ankle cuff.

Available in select specialty fitness retailers in October 2006, the F.A.S.T. has a manufacturer's list price of \$3,495 and is backed by a limited lifetime warranty on the frames, welds and parts and 10 years on the cables and upholstery.

### **Torque Fitness Background**

Founded in 2005 by a passionate team of leaders with more than 155 years of fitness industry experience, Torque Fitness is dedicated to developing innovative, effective strength training products that deliver remarkably efficient workouts that produce results. Torque's intelligent design and unmatched breakthroughs revolutionize strength training, and the company's focused, personalized, owners' approach fosters exceptional customer service.

###

*For images, contact Julie King at 847.638.1582 or [jking@torquefitness.com](mailto:jking@torquefitness.com). Torque Fitness, Fold Away Strength Trainer, Fast-Attach and Torque Fork are registered trademarks of Torque Fitness.*