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Fold Away Strength Trainer Featured on the *Today* Show

Andover, Minn. – Feb. 12, 2008 – The Torque Fitness F5 Fold Away Strength Trainer (F.A.S.T.) was featured on February 8 on NBC's *Today* show as part of its Do It Yourself (DIY) segment entitled "Building a Home Gym."

Today's Al Roker and Amy Matthews, a licensed home contractor and the host of "Sweat Equity" on the DIY Network, showcased the F5 for its incredible versatility and space efficiency.

"This is great; there are limitless exercisers that you can do on this, and it takes the place of other machines that take up a lot of room," said Matthews. "It's perfect if you want to minimize space in your house; it fits in a corner and takes up less than 4 by 4 square feet."

Matthews and Roker demonstrated the unique, patent-pending technology that enables the entire gym to be quickly and easily folded into a solid enclosure for streamlined aesthetics and greater security.

"And that's how it lives," Matthews noted, adding, "It locks so the kids can't get in."

Roker's assessment of the F5: "That's pretty cool."

Fold Away Strength Trainers

Torque Fitness created a new category of home gyms with the F5 when it debuted in August 2006. It introduced another F.A.S.T., the F3 model, in August 2007.

"The beauty of these machines not only is that they fold up and can fit into a small area, but also that they provide virtually unlimited traditional and functional exercises for the ultimate in variety and progression, which are the keys to motivation and results," said Jerry Dettinger, the president of Torque Fitness.

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On the F5, two adjustable swivel pulleys work the way the body naturally moves to facilitate functional exercises that replicate daily activities and build balance, stability and core strength. An integrated horizontal bench accommodates traditional exercises, and then can be simply folded up to open the platform space for standing exercises that require self-stabilization. The popular leg extension and prone leg curl station, along with an ankle strap for hip adduction, abduction and extension, challenge the lower body.

Torque builds in superb workout efficiency with its Fast-Attach quick connection system, Torque Fork magnetic adherence system and Torque orange adjustment knobs. The 200-pound weight stack integrates sound-dampening guide bushings for smooth, quiet weight stack travel.

The F5 F.A.S.T. is sold nationwide at select specialty fitness retailers, with a manufacturer's list price of \$3,499 and backed by a limited lifetime warranty on the frames, welds and parts and 10 years on the cables and upholstery for home use. For light institutional use, the frame and welds are warranted for 10 years, parts for one year and cables and upholstery for 90 days.

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.

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