



FOR IMMEDIATE RELEASE

CONTACT: Julie King
847.638.1582
JKing@torquefitness.com

Fold Away Strength Trainer Delivers Fast, Effective Workouts

Andover, Minn. – Aug. 7, 2007 – Torque Fitness, LLC, a premium strength equipment company that pioneered the first-ever Fold Away Strength Trainer (F.A.S.T.) with its F5 model, has introduced the F3, a new F.A.S.T. that gives exercisers an exceptionally versatile home gym option for functional, efficient workouts all in a compact corner of a room.

Torque Fitness' unique, patent-pending technology enables the F3 to be quickly and easily folded into a solid enclosure of less than four feet by four feet with latching doors for superb space efficiency, streamlined aesthetics and greater security. Unlike any other home gym today, the unique, clean presentation and sleek appearance of the F3 complements and blends in with any room décor.

"When you want superior, varied resistance workouts that produce results in less time, and space is at a premium, the F3 is unbeatable," said Pete Borchert, president of Torque Fitness. "Everything you need is exercise-ready, at your fingertips, with minimal adjustments required."

Functional Goldmine

The single station, vertical press design facilitates numerous bench-supported, traditional exercises, and dual high and mid-level swivel pulleys accommodate virtually unlimited exercises that utilize natural movement patterns and range of motion. By allowing the body to move naturally, cable-and-pulley exercises replicate daily activities and movements, along with sports motions, for greater overall strength, coordination, balance and stability – in addition to quality of life.

- more-

For seated exercises, the bench and the adjustable back pad, with its “user-forward” design, offer comfort for a variety of pressing motions. It’s simple to progress to standing, self-supported, user-defined movements by quickly folding the bench out of the way.

Popular lower-body exercises, including a leg extension and standing leg curl—in addition to hip extension, adduction and abduction via a low pulley—round out the total-body coverage of the F3.

Signature Efficiency and Versatility

Equipped with signature Torque Fitness features, such as the Torque Fork magnetic adherence weight selection system, the FAST-Attach quick connection system and Torque orange adjustment knobs, the F3 is designed specifically to maximize workout time by requiring only a minimum of quick, simple adjustments.

Exercise comfort gets a boost from T-grip strap handles, contoured seat pads and sound-dampening bushings in the 150-pound blended steel/cast iron weight stack to prevent metal-on-metal noise. A multitude of attachments, including a short strap D-handle, a long strap D-handle, two universal adapters with snap hooks, a low row bar and an ankle strap, yield significant variety.

The F3 is currently available at select specialty fitness retailers with a manufacturer’s list price of \$2,699 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. Torque Fitness, Fold Away Strength Trainer, T-grip handles, Fast-Attach and Torque Fork are registered trademarks of Torque Fitness.