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“Hooah!”

efi Sports Medicine Total Gym Donation Bolsters Morale, Physical Fitness of U.S. Troops Abroad

San Diego, Calif. – Aug. 16, 2006 – U.S. troops serving abroad can bolster their physical fitness thanks to generous donations by efi Sports Medicine, creator of the well-known Total Gym and GRAVITY functional fitness unit. Since 2002, the San Diego-based exercise equipment manufacturer has been lending its muscle to service men and women by donating more than 150 of its Total Gym machines to troops stationed in Iraq and Afghanistan.

efi recently provided the United States Army 2nd Platoon, 792nd Chemical Company a Total Gym for use by the platoon’s 37 soldiers. Located in a remote area without regular access to a gym, the 2nd Platoon needed an exercise unit that offered an effective, total body workout on a durable piece of equipment. The platoon’s Private First Class (PFC) Luke Paulino wrote efi Sports Medicine to request a Total Gym, a unit he heard offered a superior overall workout.

“We are extremely grateful for efi Sports Medicine’s gift to the troops of the 2nd Platoon,” said Paulino. “Since setting it up, the Total Gym has been getting between four to six hours of use every day between the 37 of us.”

The 2nd Platoon is one of many United States Army and Marine units that have received Total Gyms since the start of U.S. involvement in the Middle East. Working with the military to facilitate shipments, the retail value of efi Sports Medicine’s Total Gym donations total over \$100,000.

“efi has long been a supporter of United States military men and women serving our country,” said Tom Campanaro, efi Sports Medicine founder and president. “We are honored to do our part to help boost morale and encourage physical fitness for our troops.”

Total Gym promotes functional training, increased flexibility, greater strength and improved endurance. It is designed and built based on the scientifically researched principal that “functional exercise” – the recreation of natural body movements – is the safest and most effective way to exercise, increasing strength, flexibility and endurance. efi’s integration of the proven benefits of gravity resistance and functional training on a single, adjustable exercise apparatus facilitates shorter, more efficient workouts that produce superior results.

About efi Sports Medicine

After more than a quarter century at the forefront of innovation in fitness training, physical therapy and rehabilitation, efi Sports Medicine has become the leading manufacturer of functional rehabilitation and conditioning equipment. efi’s ground-breaking integration of the proven benefits of gravity and function into a single exercise apparatus allows shorter, more efficient workouts that produce superior results. Today, efi provides a wide array of functional equipment to more than 14,000 clinics, schools, hospitals, athletic training centers and health clubs. For more information, visit www.efisportsmedicine.com.

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