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## **JACKIE CHAN STUDIO FITNESS INTRODUCES INTERVAL- TRAINING WORKOUTS THAT BURN CALORIES AND BLAST FAT**

*Professor of Exercise Science Creates Comprehensive Programs for J-Mat and PowerBoxing*

SAN DIEGO (October 24, 2006) – SSD COMPANY LIMITED, makers of unique interactive sports and fitness applications, today introduced comprehensive workout programs created for Jackie Chan Studio Fitness (JCS) J-Mat and PowerBoxing applications which were produced by their partner, JCX Company Limited. The interval-based training programs, created by Rod Porter, professor of exercise science and certified strength and conditioning specialist, are designed to burn fat and calories, tone the body and strengthen the core.

“In my search for unique and non-traditional ways to keep my students motivated about getting in shape, I immediately recognized the fitness values of the Jackie Chan Studio Fitness applications,” said Porter. “I developed interval-based timed workout programs to help J-Mat and PowerBoxing fans maximize the variety and effectiveness of their exercise routines, increasing exercise compliance.”

According to Porter, interval-based training programs are shown to improve the body’s cardiovascular fitness level, increase endurance and assist the body’s caloric and fat burning capabilities. By following these suggested routines with the JCS applications users will be well on their way to meeting their health and fitness goals.

Interval programs designed for the J-Mat, an interactive wireless fitness mat that relays users’ movements directly onto their television screen, include a 30-minute fat burning routine that averages a 250-calorie burn; a 25-minute cardio interval program that averages a 140-calorie burn; and a speed power program that averages a 120-calories burn. All workouts are based on usage by a 34 year old, 5'6", 135 lb. female. Users can easily increase the level of workout to boost calorie burn and intensity.

“The J-Mat fat burning program has longer intervals which correlate to longer rest periods,” says Porter. “The goal is to keep the heart rate elevated and expend as much energy as possible.”

The programs developed for PowerBoxing, which uses wireless boxing gloves, include “The PowerBoxing Pyramid Arm Workout,” designed to shape, tone and firm the shoulders, biceps, triceps, back and core; the PowerBoxing “Core Blaster,” which targets the abs, obliques and back; and the “Speed Power Workout,” which is helpful for people who are looking for a fresh way to increase speed and power for quick-movement sports like tennis, basketball or soccer.

“These fun interactive workouts provide fans of Jackie Chan Studio Fitness with a more measurable, challenging and versatile way to use JCS to get in shape,” said Peter Newman, general manager, SSD COMPANY LIMITED.

The J-Mat and PowerBoxing applications are designed for use with the XaviXPORT, which provides a revolutionary way to interact with your television. The XaviXPORT plugs easily into any TV with a standard A/V cable (provided).

Users may download the workouts or purchase XaviX products at [www.xavixstore.com](http://www.xavixstore.com).

### **About the XaviXPORT System**

The XaviXPORT is a revolutionary way to interact with your TV. XaviXPORT serves as the gateway for all XaviX applications enabling interactive home sports, fitness, entertainment and more. The system combines the latest in infrared, optical and radio frequency technology to see and respond to a user’s movements. XaviX has taken a completely new approach to system design by embedding the patented multi-processor, memory and human interface technologies into system cartridges. XaviXPORT comes equipped with a proprietary expansion jack to enable future hardware compatibility. As advances in technology enable new experiences, the XaviXPORT will never need to be upgraded.

### **About SSD COMPANY LIMITED**

Founded in 1995 with a vision of bringing innovative, new-generation products into the world, SSD COMPANY LIMITED is a privately held technology company based in Kusatsu, Japan. SSD’s founding members include key development contributors for some of the industry’s leading home entertainment systems. In addition to XaviX sports and fitness titles, SSD is looking forward to the launch of additional lifestyle applications for its technology. For more information on the company, visit [www.xavix.com](http://www.xavix.com).

*(Editor’s Note – To obtain JCS product images or more information; please contact SSD COMPANY LIMITED at 858-450-6280 or [mktg@xavix.com](mailto:mktg@xavix.com).)*

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