

FORT WORTH, Texas, Jan. 30, 2017 (GLOBE NEWSWIRE) -- [Approach Resources Inc.](#) (NASDAQ:AREX) (&ldquo;Approach&rdquo; or the &ldquo;Company&rdquo;) today announced that Qingming Yang has been promoted to President. Mr. Yang has been leading Approach&rsquo;s operations group as Chief Operating Officer since 2012. The appointment reflects Mr. Yang&rsquo;s record of leadership and results throughout his tenure at Approach. Mr. Yang will keep his title of Chief Operating Officer.

J. Ross Craft, the Company&rsquo;s Chairman and Chief Executive Officer, stated: &ldquo;Qingming is a proven leader who has a strong track record of operations execution, efficiency and cost control which have been competitive advantages for Approach. Qingming&rsquo;s proven ability to develop our asset efficiently is a platform that is crucial as we continue to transform the Company and with a mission to increase the value of Approach for our investors, employees and business partners. I congratulate Qingming on a well-deserved promotion. I look forward to working closely with Qingming as we embark on the next chapter of Approach Resources.&rdquo;

#### About Approach Resources

Approach Resources Inc. is an independent energy company focused on the exploration, development, production and acquisition of unconventional oil and gas reserves in the Midland Basin of the greater Permian Basin in West Texas. For more information about the Company, please visit [www.approachresources.com](http://www.approachresources.com). Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

#### Forward-Looking Statements

This press release contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. All statements, other than statements of historical facts, included in this press release that address activities, events or developments that the Company expects, believes or anticipates will or may occur in the future are forward-looking statements. Without limiting the generality of the foregoing, forward-looking statements contained in this press release specifically relate to creating value in the future for Company stakeholders. These statements are based on certain assumptions made by the Company based on management&rsquo;s experience, perception of historical trends and technical analyses, current conditions, anticipated future developments and other factors believed to be appropriate and reasonable by management. When used in this press release, the words &ldquo;will,&rdquo; &ldquo;potential,&rdquo; &ldquo;believe,&rdquo; &ldquo;estimate,&rdquo; &ldquo;intend,&rdquo; &ldquo;expect,&rdquo; &ldquo;may,&rdquo; &ldquo;should,&rdquo; &ldquo;anticipate,&rdquo; &ldquo;could,&rdquo; &ldquo;plan,&rdquo; &ldquo;predict,&rdquo; &ldquo;project,&rdquo; &ldquo;profile,&rdquo; &ldquo;model,&rdquo; or &ldquo;mission&rdquo; or their negatives, other similar expressions or the statements that include those words, are intended to identify forward-looking statements, although not all forward-looking statements contain such identifying words. Such statements are subject to a number of assumptions, risks and uncertainties, many of which are beyond the control of the Company, which may cause actual results to differ materially from those implied or expressed by the forward-looking statements. These risks, uncertainties, assumptions and other important factors include, but are not limited to the risks and uncertainties indicated from time to time in the documents filed or to be filed with the Securities and Exchange Commission (&ldquo;SEC&rdquo;), including those under &ldquo;Risk Factors&rdquo; therein. The Company&rsquo;s SEC filings are available on the Company&rsquo;s website at [www.approachresources.com](http://www.approachresources.com). Any forward-looking statement speaks only as of the date on which such statement is made and the Company undertakes no obligation to correct or update any forward-looking statement, whether as a result of new information, future events or otherwise, except as required by applicable law.

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