

For Immediate Release
July 20, 2016

Approach Resources Inc. Schedules Second Quarter 2016 Conference Call for Thursday, August 4, 2016

Fort Worth, Texas, July 20, 2016 – Approach Resources Inc. (**NASDAQ: AREX**) will host a conference call on Thursday, August 4, 2016, at 10:00 AM CT (11:00 AM ET) to discuss second quarter 2016 financial and operating results. The Company plans to announce second quarter 2016 results on Wednesday, August 3, 2016, after close of trading.

The conference call may be accessed via the Company's website at www.approachresources.com or by phone:

Dial in: (877) 201-0168
Intl. dial in: (647) 788-4901
Passcode: Approach / 49459145

A replay of the call will be available on the Company's website or by dialing (855) 859-2056 (passcode: 49459145).

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. Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

INVESTOR CONTACT

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