

Full Queenax Circuit

For your Safety:

We are excited that you have decided to download and enjoy this workout.

Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this workout safely, please find a Falcon Fitness Center employee.

There is an inherent risk to any exercise program. By downloading and using this workout, you acknowledge and agree that you are doing so voluntarily and agree that you will not hold Messiah College or the Falcon Fitness Center liable for any and all injuries.

Description:

1. One of the advantages of circuit training is it combines the benefits of resistance training and cardio exercise. With this in mind we encourage you to take enough rest between exercises to maintain proper form! This is not a beginner work out!
2. This circuit was meant to be completed on or near the Queenax frame. Before starting gather all the equipment you need, and set up each station. If you have any questions on set up or proper form please see a fitness center employee

FULL QUEENAX CIRCUIT	
Exercise*	Time
Battle Ropes Alternating Waves	30-45 seconds
Rear Foot Elevated Split Squat in TRX	30-45 seconds
TRX Plank	30-45 seconds
Rower	30-45 seconds
Landmine Squat	30-45 seconds
Speed Step Ups	30-45 seconds
TRX Push Ups	30-45 seconds
Kettle Bell Swing	30-45 seconds
TRX Row	30-45 seconds
Ab Wheel Roll Outs	30-45 seconds
Walking Lunge	30-45 Seconds
MB Overhead Slams	30-45 Seconds

