

Short Queenax – Lower Body Focus

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. Doing this circuit on the Queenax is a great way to combine some of the benefits of lower body resistance training and the benefits of cardiovascular exercise. As you move quickly between stations always take enough rest to ensure you are maintaining proper form.
2. This short Queenax workout was designed to be completed on or near the Queenax Frame. It can be done as a workout itself or added on to any of your favorites. This is not a beginner workout!

<u>SHORT QUEENAX – LOWER BODY FOCUS</u>	
Exercise*	Suggested Time
DB Step Up	30 Seconds
Kettle Bell Sumo Deadlift	30 Seconds
TRX Pistol Squat	30 Seconds
Leg Curls on Superfunctional	30 Seconds
Landmine Squat	30 Seconds
Kettle Bell Swing	30 Seconds



*Click on the exercises above to load demonstration videos!