

Long Queenax Circuit with Finisher

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
3. Go through all your sets on the Station Circuit, then end with all your sets on the Finisher!

LONG QUEENAX CIRCUIT WITH FINISHER	
<u>Station Circuit*</u>	
Battle Rope Pull Through	30 Seconds
Kettle Bell Sumo Deadlift	30 Seconds
Battle Rope Alternating Waves	30 Seconds
TRX Pistol Squat	30 Seconds
TRX Reverse Fly	30 Seconds
BW Step Up on Box	30 Seconds
Landmine Press	30 Seconds
Wall Ball	30 Seconds
<u>Finisher</u>	
Overhead Slams	15x
Plank	30 Seconds
MB Rotational Slams (Each Way)	8x
Med Ball Side to Side Tap (Each Way)	15x
Med Ball Trampoline Pass	10x
Flutter Kick	30 Seconds

