

# Short Queenax – Metabolic Challenge

## For your Safety:

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

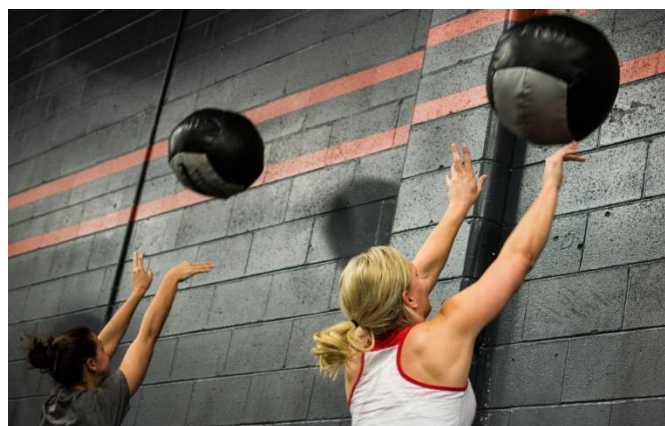
Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this workout safely, 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. This short Queenax workout was designed to be completed on 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!
2. The focus and goal of this workout is to get a great metabolic burn. Work as hard as you feel comfortable at each station, trying to keep the intensity and your heart rate up the entire time while keeping good exercise form.

<u><a href="#">SHORT QUEENAX – METABOLIC CHALLENGE</a></u>	
<b>Exercise*</b>	<b>Suggested Time</b>
<a href="#">Speed Step Ups</a>	30 Seconds
<a href="#">Rower</a>	30 Seconds
<a href="#">Wall Ball</a>	30 Seconds
<a href="#">MB Slam</a>	30 Seconds
<a href="#">Burpees</a>	30 Seconds
<a href="#">MB Shuffle Pass</a>	30 Seconds



\*Click on the exercises above to load demonstration videos!