

# Short Queenax – Total TRX

## 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.
2. This workout combines some of the benefits of TRX, or suspension training, with the metabolic benefits of circuit training. Please ask a fitness center employee if you have any questions on setting up the TRX. This is NOT a beginner workout!

<u><a href="#">SHORT QUEENAX – TOTAL TRX</a></u>	
<b>Exercise*</b>	<b>Suggested Time</b>
<u><a href="#">TRX Row</a></u>	30 Seconds
<u><a href="#">TRX Rear Foot Elevated Split Squat</a></u>	30 Seconds
<u><a href="#">TRX Push Up</a></u>	30 Seconds
<u><a href="#">TRX Pistol Squat</a></u>	30 Seconds
<u><a href="#">TRX Reverse Fly</a></u>	30 Seconds
<u><a href="#">TRX Plank</a></u>	30 Seconds



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