

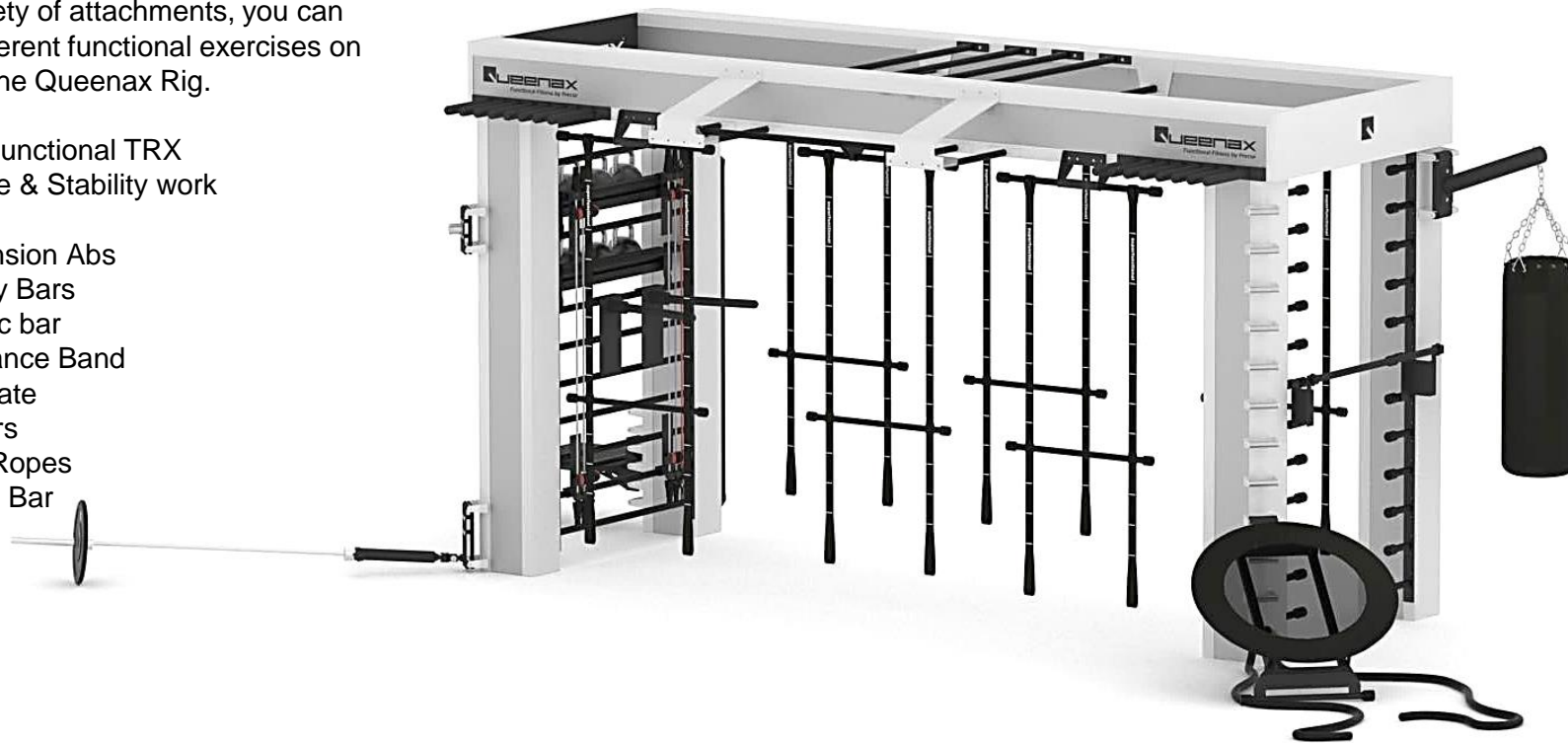
QUEENAX FUNCTIONAL RIG

As a free-standing system that can accommodate functional and suspended body weight training accessories, the Open Format configurations will be the hub of group and personal training activities that are bound to attract and engage. The Open Format has the flexibility to be configured for circuit-style or small group class training, while also preserving the open floor space beneath the unit.

Variety of exercises

With a variety of attachments, you can do many different functional exercises on the Queenax Rig.

- Super functional TRX
- Balance & Stability work
- Boxing
- Suspension Abs
- Monkey Bars
- Olympic bar
- Resistance Band
- Plyo Plate
- Dip Bars
- Battle Ropes
- Pull Up Bar



HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

PRECOR