



## Matrix Fitness CXR50 Connexus Functional Training System



Whether you're a boot camp enthusiast or just trying to build strength to do the things you love, Matrix Fitness' CXR50 Connexus functional training system can help you sculpt a lean, strong body at home.

**CHF 2'990.00**

Expert-designed workouts offer a wide range of strength and cardio exercises to build lean muscle and burn calories in less than 30 minutes. Whether you want to lose weight, build muscle, improve endurance or take bootcamp to the next level, your physical transformation starts at Connexus Home.

### Integrated Accessories:

- Workout platform - the sturdy workout platform protects the floor and features a non-slip surface that ensures optimal stability even during intense workouts. Marker lines help maintain proper position during workouts and easily adjust the level of momentum.
- Base anchors - sturdy base anchors allow you to attach resistance bands to increase exercise intensity.
- Bar grid - the bar grid provides a variety of attachment points for resistance bands or other accessories.
- Suspension device - with the suspension device for sling trainers, you can perform countless exercises with your own body weight.
- Pull-up bar - the loadable pull-up bar offers a variety of exercises with your own body weight.
- Integrated storage option - you can quickly store the training bar within easy reach at any time in the holder provided. While the resistance bands are not in use, they can be hung from the brackets without getting in the way while exercising.
- Fascia roller - a fascia roller helps loosen tight muscles while improving mobility and range of motion.
- Resistance bands - fitness bands in different strengths vary and intensify the workout in all phases of movement. The set includes two light, two medium and two strong resistance bands.
- Training bar - the 5kg training bar takes functional training and classic weight exercises to a higher level, especially when combined with resistance bands.



- Thoughtful storage board - smartphone or tablet can be safely and visibly placed on the magnetic chalkboard while taking notes on your workout.

### **60-Day Connexus Program.**

The unique 60-Day Connexus Program eliminates all the guesswork and gives a complete plan that makes it easy for users to work frequently and effectively to achieve transformative results. All workouts can be completed in just 30 minutes or less, and the program even includes foam rolling to revive sore muscles while improving flexibility and range of motion.

### **Body Burn**

Body Burn is a high-intensity interval workout that involves 60 seconds of intense exercise before resting for 30 seconds to recover for the next challenging interval. These concentrated bursts of activity helps burn fat at an amazing rate.

### **Body Strong**

Body Strong tones the body and builds lean, firm muscles. Intelligent exercises target a wide range of different muscles to build coordinated functional strength that improves everything from sports-specific movements to activities of daily living.

### **Body Blast**

Body Blast increases strength, speed and recovery by encouraging you to complete as many exercises as possible in 10, 20 and 30 minutes. Body Blast is ideal for a stimulating workout between Body Burn and Body Strong.

### **Body Score**

Body Score makes it easy to track and review progress, always challenging users to improve their overall functional fitness. A simple list of timed exercises and a simple scoring system clearly show how far you've come and how far you still have to go.

### **Body Revive**

Take a break with a recovery program that uses a foam rolling routine to relax sore muscles while improving flexibility and range of motion.

### **FREE APP. UNLIMITED FUNCTIONAL FITNESS OPTIONS.**

Download the free workout app to get all the guidance and motivation you need to begin your physical transformation. Everything we provide allows you to work at your pace and at a level that suits your abilities. This allows everyone from beginners to functional training enthusiasts to achieve their specific goals. The best part is that when everything is planned, you can make a great workout easier than ever.

The workout app includes

- 60-day transformation program



- 5 30-minute workouts
- Exercise library with over 75 movements
- Integrated timer for HIIT workouts
- Trainer-led instructional videos, learning videos and tips from experts
- muscle relaxation
- access to your music

*Download the Matrix Fitness Home Workout app from the AppStore or Google Play.*

*matrixhomeapp.com/iOS*

*matrixhomeapp.com/android*

The CXR50 Connexus versatile functional training system provides a virtually unlimited range of exercises and movements to redefine the body and achieve individual fitness goals at home:

- HIIT training
- Sport-specific movements
- Strength
- Pilates
- Suspension Training
- Daily life movements
- Stretching
- Resistance training
- Yoga
- Battle Ropes
- Recreation and mobility

Use: home use, Payload: 159kg

Equipment dimensions: L225 x W114 x H216cm, Recommended training area: L244 x W305cm,

Weight: 139kg

Accessories: 5kg training bar, 6 resistance bands (2xlight, 2xmedium, 2xstrong), fascia roller, board with storage, exercise book, Matrix Fitness Home Workout App

Warranty: 2 years full warranty