CONNEXUS HOME

FUNCTIONAL TRAINING SYSTEM

TRAINING GUIDE

TABLE OF CONTENTS

3 **EXERCISES**
9 **BODY BURN** WORKOUT
10 **BODY BLAST** WORKOUT
11 **BODY STRONG WORKOUT**
12 **BODY REVIVE** SESSION
13 **BODY SCORE** WORKOUT
14 **60-DAY CONNEXUS** PROGRAM

Congratulations on your purchase of the Connexus Home CXR50 Functional Training System! This complete functional training system has been designed to help you meet all your training goals in the comfort of your own home. With just this one piece of equipment, you can train for weight loss, strength, endurance and full-body fitness, all within one compact space. Connexus Home has several key features:

- **Activity Base** is strong and stable with great grip and yellow progression lines to guide and challenge you as you perform different exercises.
- **Power Grid and the Base Anchors** let you connect different fitness accessories such as resistance bands, battle ropes, or yoga straps to perform strengthening power exercises or full-range stretches.
- **Pull-up Bar and Suspension Anchor** are specifically designed for safe suspension strap connection. With straps attached, you can perform hundreds of suspension training exercises designed to improve functional fitness.
- **Training Bar & Cradles** allow you to position the 11-lb. training bar at different levels to perform a variety of upper body, lower body and core exercises. When not using training bar, it conveniently stores right on the frame itself.
- **Smart Storage Chalkboard** lets you safely position your tablet or training material within reach when you need it.

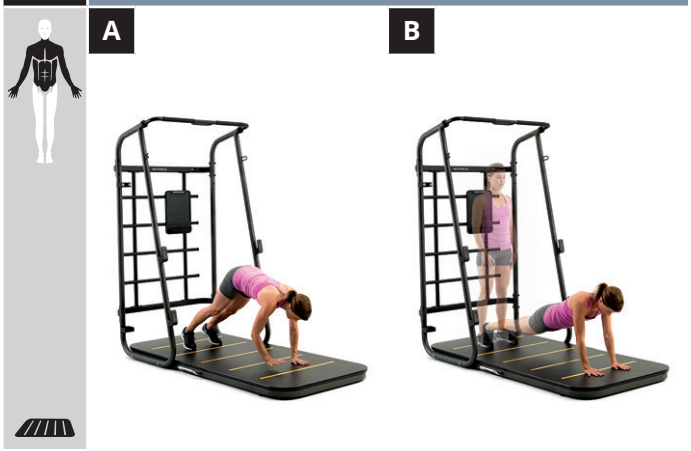
The following training guide contains a sampling of exercises that can be performed on the Connexus Home functional training system, as well as workout plans, a Body Score progress tracking sheet and our signature 60-day Connexus Program to make planning your workouts easy.

Bands	Training Bar	Pull Up Bar	Power Grid	Foam Roller

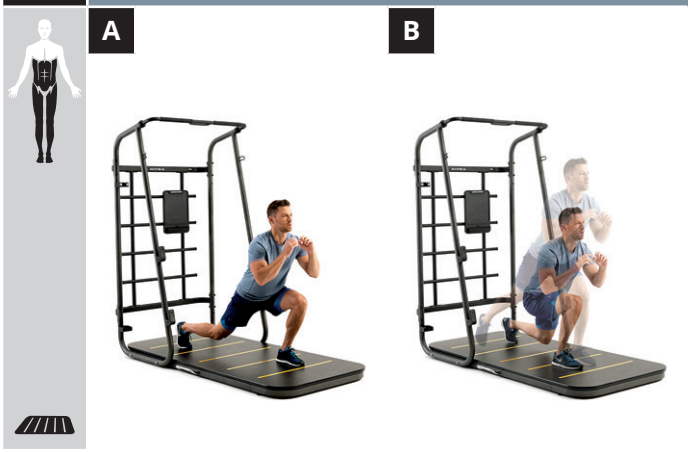
	EXERCISE	EQUIPMENT USED				
1	Hanging Knee Raise			●		
2	Walk Out On Hands					
3	Plyo Lunge					
4	Gecko					
5	Sumo Front Squat		●			
6	Raised Push-Up		●			
7	Overhead Rainbow		●			
8	Forward Lunge With End Tap		●			
9	Split Jump Plus Cross Chop		●			
10	Hip Hinge Deadlift Plus Front Raise		●			
11	Pullover With Bridge		●			
12	Pullover With Low Boat		●			
13	Under-bar Hip Thrusters		●			
14	Under-bar Rows		●			
15	Assisted Pull-up	●		●		
16	Standing Chest Press	●			●	
17	Resisted Forward Lunge	●			●	
18	Side Jump	●			●	
19	Wrapped Speed Squat	●				
20	Squat Row	●			●	
21	Overhead Squat	●				
22	Run Ups	●			●	
23	Quads And Hip Flexors Roll					●
24	Hip To Knee Roll					●
25	Deep Cheek Roll					●
26	Loaded Calf Roll					●
27	Super Slow Spine Roll					●
28	Chest Roll					●

1 HANGING KNEE RAISE

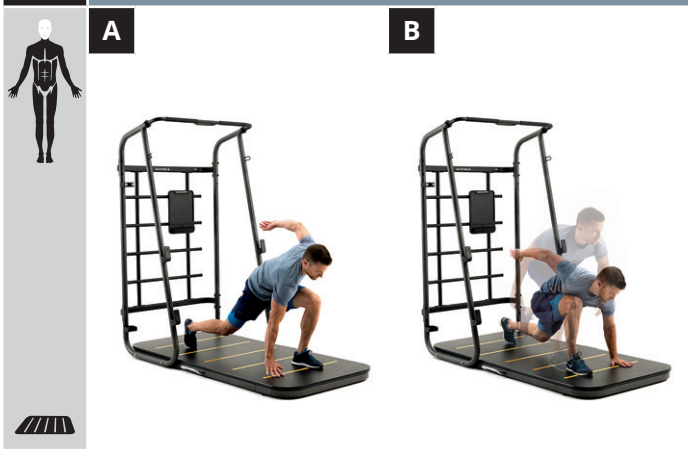
2 WALK OUT ON HANDS



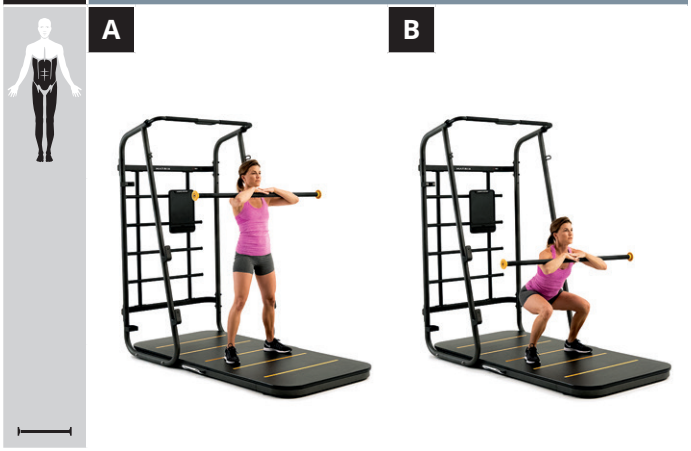
3 PLYO LUNGES



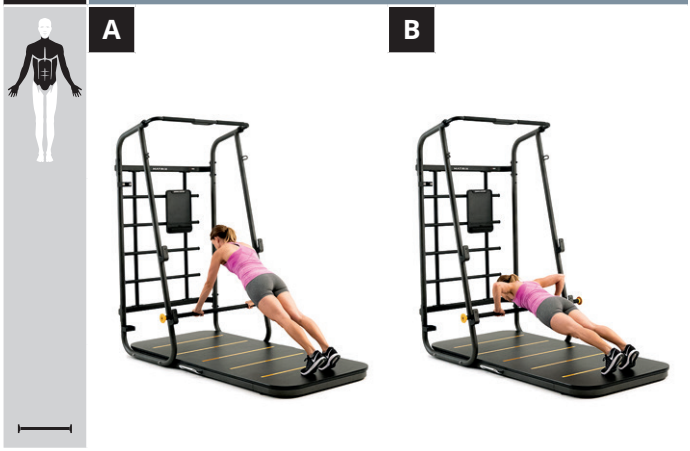
4 GECKO



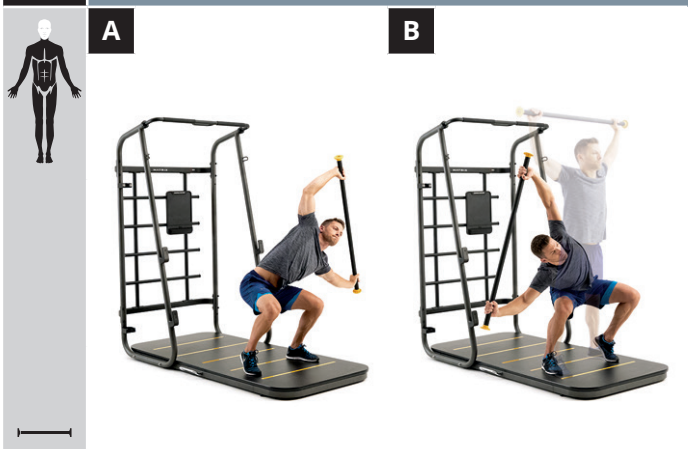
5 SUMO FRONT SQUAT



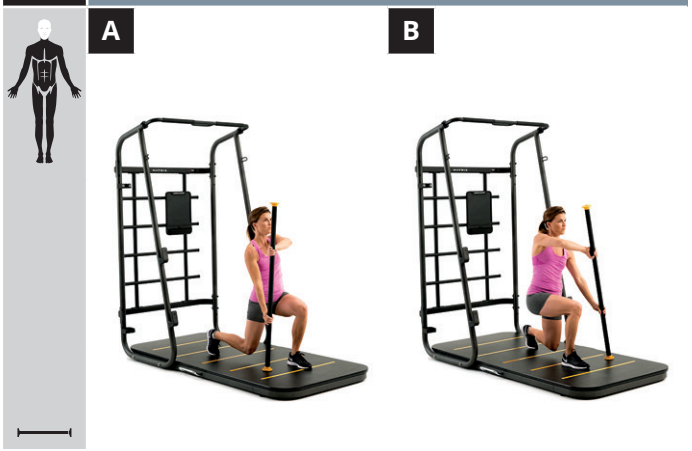
6 RAISED PUSH-UP



7 OVERHEAD RAINBOW

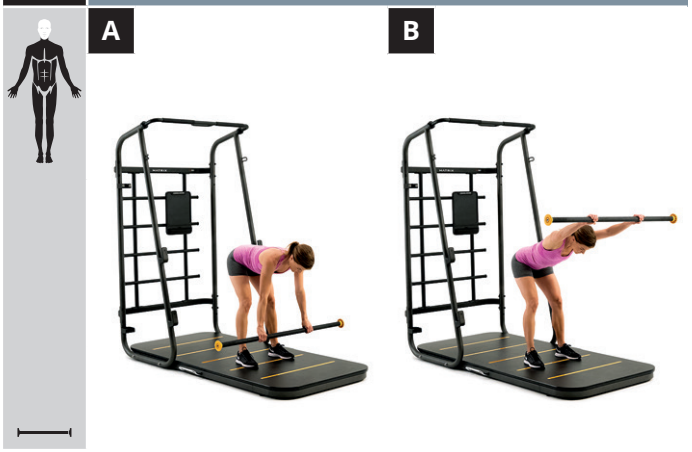


8 FORWARD LUNGE WITH END TAP

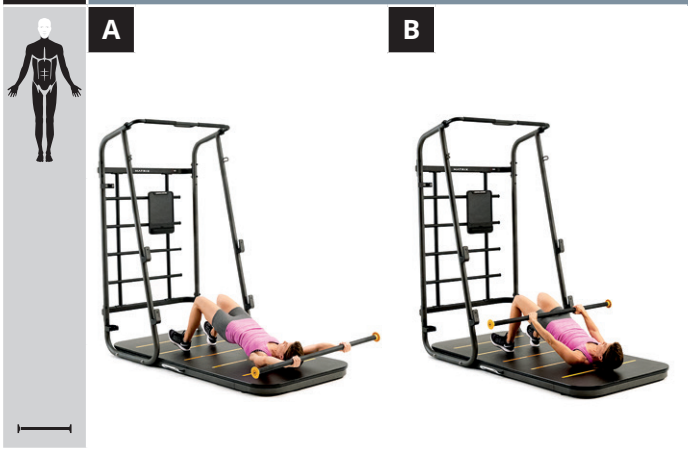


9 SPLIT JUMP PLUS CROSS CHOP

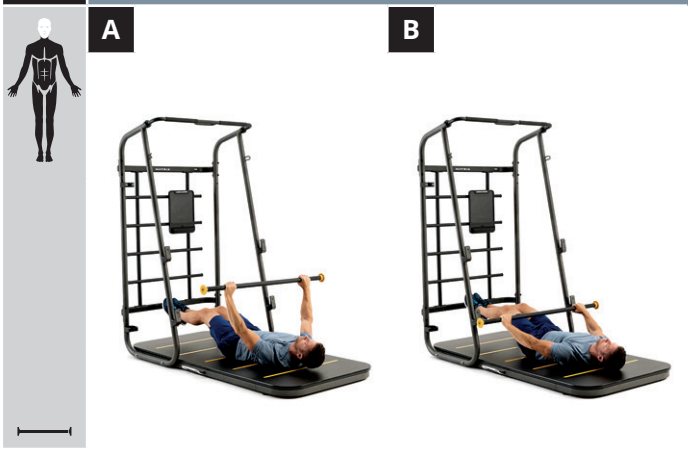
10 HIP HINGE DEADLIFT PLUS FRONT RAISE



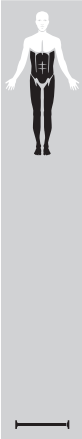
11 PULLOVER WITH BRIDGE



12 PULLOVER WITH LOW BOAT



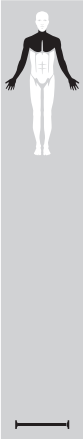
13 UNDER-BAR HIP THRUSTERS



A

B

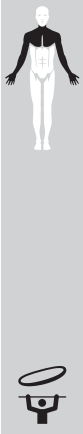
14 UNDER-BAR ROWS



A

B

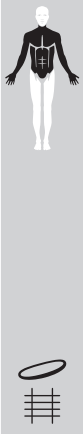
15 ASSISTED PULL-UP



A

B

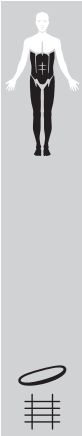
16 STANDING CHEST PRESS



A

B

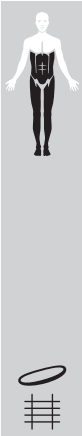
17 RESISTED FORWARD LUNGE



A

B

18 SIDE JUMP

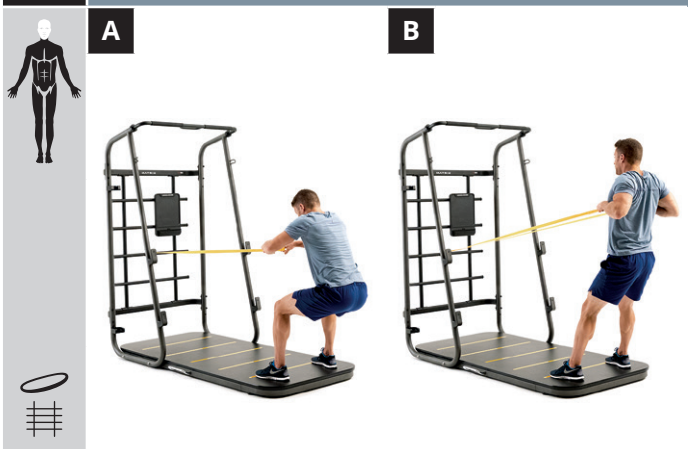


A

B

19 WRAPPED SPEED SQUAT

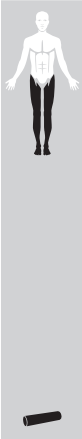
20 SQUAT ROW



21 OVERHEAD SQUAT

22 RUN UPS

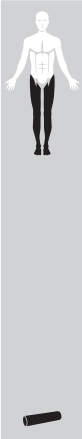
23 QUADS AND HIP FLEXORS ROLL



A

B

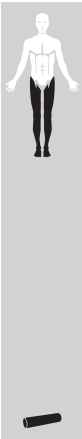
24 HIP TO KNEE ROLL



A

B

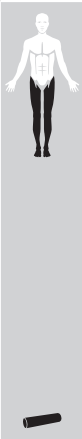
25 DEEP CHEEK ROLL



A

B

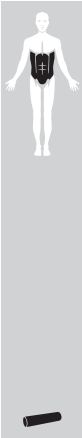
26 LOADED CALF ROLL



A

B

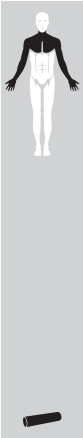
27 SUPER SLOW SPINE ROLL



A

B

28 CHEST ROLL



A

B

BODY BURN WORKOUT

Body Burn is a high-intensity interval training (HIIT) workout in which you perform intense exercises for 60 seconds before resting for 30 seconds to recover and prepare for the next challenging interval. These concentrated bursts of activity help you burn fat at an amazing rate. There are no weights to think about or repetitions to count, as it follows the AMRAP system, where you aim to perform As Many Reps As Possible within the required time slot.

We recommend doing the Body Burn workout no more than four times per week and avoiding consecutive days. Follow with a recovery day or one of the other workouts after completing this one.

Warm up before starting with some mobility and pulse raising activity.

EXERCISE

REST

24-MINUTE WORKOUT

EXERCISES

19	WRAPPED SPEED SQUAT	
	REST	
18	SIDE JUMP	
	REST	
20	SQUAT ROW	
	REST	
22	RUN UPS	
	REST	
14	UNDER-BAR ROWS	
	REST	
3	PLYO LUNGE	
	REST	
6	RAISED PUSH-UP	
	REST	
22	RUN UPS	
	REST	
20	SQUAT ROW	
	REST	
17	RESISTED FORWARD LUNGE	
	REST	
4	GECKO	
	REST	
22	RUN UPS	
	REST	
1	HANGING KNEE RAISE	
	REST	
9	SPLIT JUMP PLUS CROSS CHOP	
	REST	
12	PULLOVER WITH LOW BOAT	
	REST	
22	RUN UPS	
	REST	

BODY BLAST WORKOUT

Body Blast increases power, speed and recovery by challenging you to complete as many of the exercises as you can in 10-, 20- and 30-minute sessions. The goal is to complete 20 repetitions of each exercise. However, if you feel that your technique is suffering due to fatigue, just move on to the next exercise on the list. Try to complete the list in the time that you have given yourself, but don't stop there. If you have done one entire round, simply go back to the top of the list and start again.

Body Blast can be completed every day of the week or performed as an energizing workout between Body Burn and Body Strong sessions.

Warm up before starting with some mobility and pulse raising activity.

10 MIN | 20 MIN | 30 MIN

SELECT YOUR WORKOUT TIME

EXERCISES

1	HANGING KNEE RAISE
2	WALK OUT ON HANDS
5	SUMO FRONT SQUAT
6	RAISED PUSH-UP
7	OVERHEAD RAINBOW
9	SPLIT JUMP PLUS CROSS CHOP
22	RUN UPS
18	SIDE JUMP
21	OVERHEAD SQUAT
15	ASSISTED PULL-UP
4	GECKO
8	FORWARD LUNGE WITH END TAP
14	UNDER-BAR ROWS
11	PULLOVER WITH BRIDGE
19	WRAPPED SPEED SQUAT
10	HIP HINGE DEADLIFT PLUS FRONT RAISE
22	RUN UPS
13	UNDER-BAR HIP THRUSTERS
16	STANDING CHEST PRESS
12	PULLOVER WITH LOW BOAT
3	PLYO LUNGE

If time remains, start from beginning of list

BODY STRONG WORKOUT

Body Strong tones your body while building lean, firm muscle. Smart exercises target a wide range of different muscles to build coordinated functional strength that enhances everything from sports-specific movements to the activities of daily living. You perform 6–12 repetitions of six pairs of exercise, doing each pair three times in a row. The workout is designed so that when you move on to the next pair of exercises, you'll be targeting different muscle groups. Because there is no recovery period factored into the workout, you simply keep moving to the next set of exercises until you have completed the list.

As with most strength-based workouts, it's best to avoid doing the same workout on consecutive days. Take a rest day or perform one of the other workouts after completing this one.

Warm up before starting with some mobility and pulse raising activity.

	EXERCISES	REPS	SETS
16	STANDING CHEST PRESS	6 – 12	3
7	OVERHEAD RAINBOW	6 – 12	
5	SUMO FRONT SQUAT	6 – 12	3
13	UNDER-BAR HIP THRUSTERS	6 – 12	
10	HIP HINGE DEADLIFT PLUS FRONT RAISE	6 – 12	3
21	OVERHEAD SQUAT	6 – 12	
1	HANGING KNEE RAISE	6 – 12	3
20	SQUAT ROW	6 – 12	
14	UNDER-BAR ROWS	6 – 12	3
12	PULLOVER WITH LOW BOAT	6 – 12	
8	FORWARD LUNGE WITH END TAP	6 – 12	3
18	SIDE JUMP	6 – 12	

BODY REVIVE SESSION

Body Revive is a recovery program that uses a foam rolling routine to relax sore muscles while improving mobility and range of motion. By moving the roller across the muscle in a smooth, rhythmic action, the soft tissue and fascia are massaged, which can reduce post-exercise muscular pain, improve your mobility and increase the range of motion within tight joints.

It's particularly beneficial to roll before a workout in order to maximize the elasticity of your muscles, but you can also do it as a muscle recovery session on the days that you aren't working out.

Perform each move for 1-2 minutes and be sure to repeat moves on each side of the body, left and right.

EXERCISES		
26	LOADED CALF ROLL	LEFT & RIGHT
24	HIP TO KNEE ROLL	LEFT & RIGHT
25	DEEP CHEEK ROLL	LEFT & RIGHT
23	QUADS AND HIP FLEXORS	LEFT & RIGHT
27	SUPER SLOW SPINE ROLL	CENTER
28	CHEST ROLL	LEFT & RIGHT

BODY SCORE WORKOUT

Body Score makes it easy to track and review your progress, always challenging you to improve your overall functional fitness. A simple list of timed exercises and a straightforward scoring system help you keep track of how far you've come and how far you can still go. Perform each exercise for one minute each with one-minute recovery. Count each repetition that you perform within 60 seconds, then record your reps for each exercise.

Check your progress as often as you'd like with the Body Score workout, but every 30 days would be our suggested time frame.

Warm up before starting with some mobility and pulse raising activity.

EXERCISE

RECORD SCORE

20-MINUTE WORKOUT

	EXERCISES	DAY 1	DAY 30	DAY 60
1	**HANGING KNEE RAISE** 1 rep per knee raise			
5	**SUMO FRONT SQUAT** 1 rep per squat			
7	**OVERHEAD RAINBOW** 1 rep each side			
3	**PLYO LUNGE** 1 rep each time the R/L foot moves			
14	**UNDER-BAR ROWS** 1 rep per row			
9	**SPLIT JUMP PLUS CROSS CHOP** 1 rep each time the R/L foot moves			
16	**STANDING CHEST PRESS** 1 rep each time the arm straightens			
21	**OVERHEAD SQUAT** 1 rep per squat			
6	**RAISED PUSH-UP** 1 rep each time the arms bend			
12	**PULLOVER WITH LOW BOAT** 1 rep each time bar travels forwards			
	BODY SCORE TOTAL			

60-DAY CONNEXUS PROGRAM

Our signature **60-day Connexus Program** takes out all of the guesswork, giving you a complete plan that makes it easy to work out often and effectively for transformational results. All workouts can be completed in just 30 minutes or less, and the program even includes foam rolling sessions to revive sore muscles while improving mobility and range of motion. The program puts Connexus workouts in a challenging but productive sequence.

The best program is the one that you can commit to, so add more recovery days or incorporate other workout types to suit your needs and goals.

- **Body Burn** Workout
- **Body Blast** Workout (10, 20 or 30 minutes)
- **Body Strong** Workout
- **Body Revive** Session
- **Body Score** Workout

Cross out each daily workout completed.

DAY 1	10 – 2	20 – 3	20 – 4	20 – 5	30 – 6	7
20 – 8	9	10	20 – 11	12	30 – 13	14
15	16	17	20 – 18	20 – 19	20	21
30 – 22	23	24	30 – 25	26	30 – 27	28
29	30	31	30 – 32	33	34	35
30 – 36	37	20 – 38	39	40	41	42
43	44	45	20 – 46	47	30 – 48	49
50	51	30 – 52	53	20 – 54	55	56
30 – 57	58	59	60			

BECOME A CONNEXUS HOME **SUCCESS STORY!**

Completing the 60-day Connexus Home Program is a huge accomplishment!
It's easy to become a **Connexus Home Success Story**:

1. Take your "before" photo and write down your Day 1 Body Score results.
2. Complete the 60-Day Program. If you don't follow the program exactly, no worries. It's all about making it the best workout program for YOU that keeps you working hard and seeing results.
3. Complete a final Body Score workout and record your results. Smile for the camera and take "after" photos showing off a fit new you.
4. Write your story and share it with us! Send your story, Day 1 and 60 Body Scores, plus before and after photos to **mystory@matrixfitness.com**
5. Include your return address (must be a valid U.S. street address) and we'll send you a thank you gift for participating!

It's your turn to inspire and motivate other people to get fit with Connexus Home!

Don't forget to follow Matrix Fitness for new Connexus Home workouts, tips and news.

matrixfitness **@matrixfitness**

MATRIX

www.matrixfitness.com

CONNEXUS HOME

© 2021 Matrix Fitness. All Rights Reserved.