



PRECOR® | **QUEENAX**®

Group Functional Training: Endless Opportunities, Endless Advantages
Visit [precor.com/queenax](https://www.precor.com/queenax)

WHAT IS VALUED IN A GYM SETTING IS CHANGING

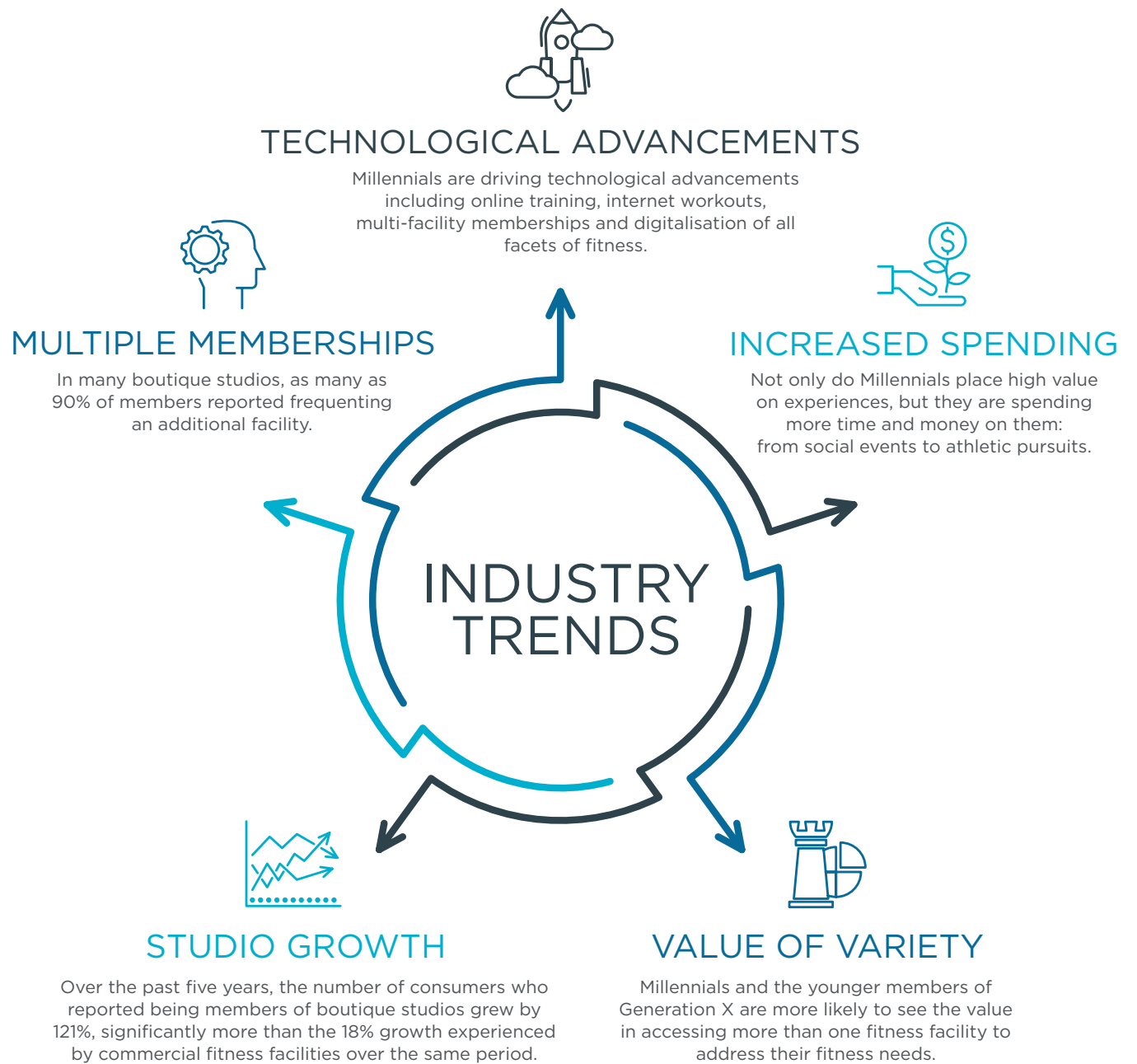
It's not access, it's experience.

Why experience-driven fitness and why now?

Millennials and Generation Z are largely driving the group training trend.* After all, these are generations that value experiences over things. Just look at the numbers.

You need the ability to offer a variety of group training experiences to keep you competitive.

*ACSM's #2 fitness trend



†2019 Association of Fitness Studios Trend Report, 2018 IHRSA Health Club Consumer Report, Millennials, Fueling the Experience Economy by Eventbrite

EXPERIENCE-DRIVEN TRAINING ISN'T JUST FOR YOUNGER GENERATIONS



Group training programmes serve a broad spectrum of people because they:

- Provide variety that delivers results and fun
- Tailor to specific exerciser goals or interests
- Hold exercisers accountable to each other and their coach
- Drive exerciser connections and engagement

How will you meet this challenge in your facility?



Visit go.precor.com/gtbm to find the solutions

INTRODUCING QUEENAX

Queenax is a fully customisable training system that multiplies the space within a facility, offers education to ensure your staff are trained to deliver programming with confidence and is uniquely flexible to be reconfigured for a wide range of training formats.



WHY QUEENAX?

Versatility and Flexibility

By taking advantage of overhead space and walls, Queenax units multiply training space and can be reconfigured for more types of training than any other unit. Attach, remove and reconfigure over 100 training accessories to easily and quickly convert your Queenax from circuit to group exercise training environments.

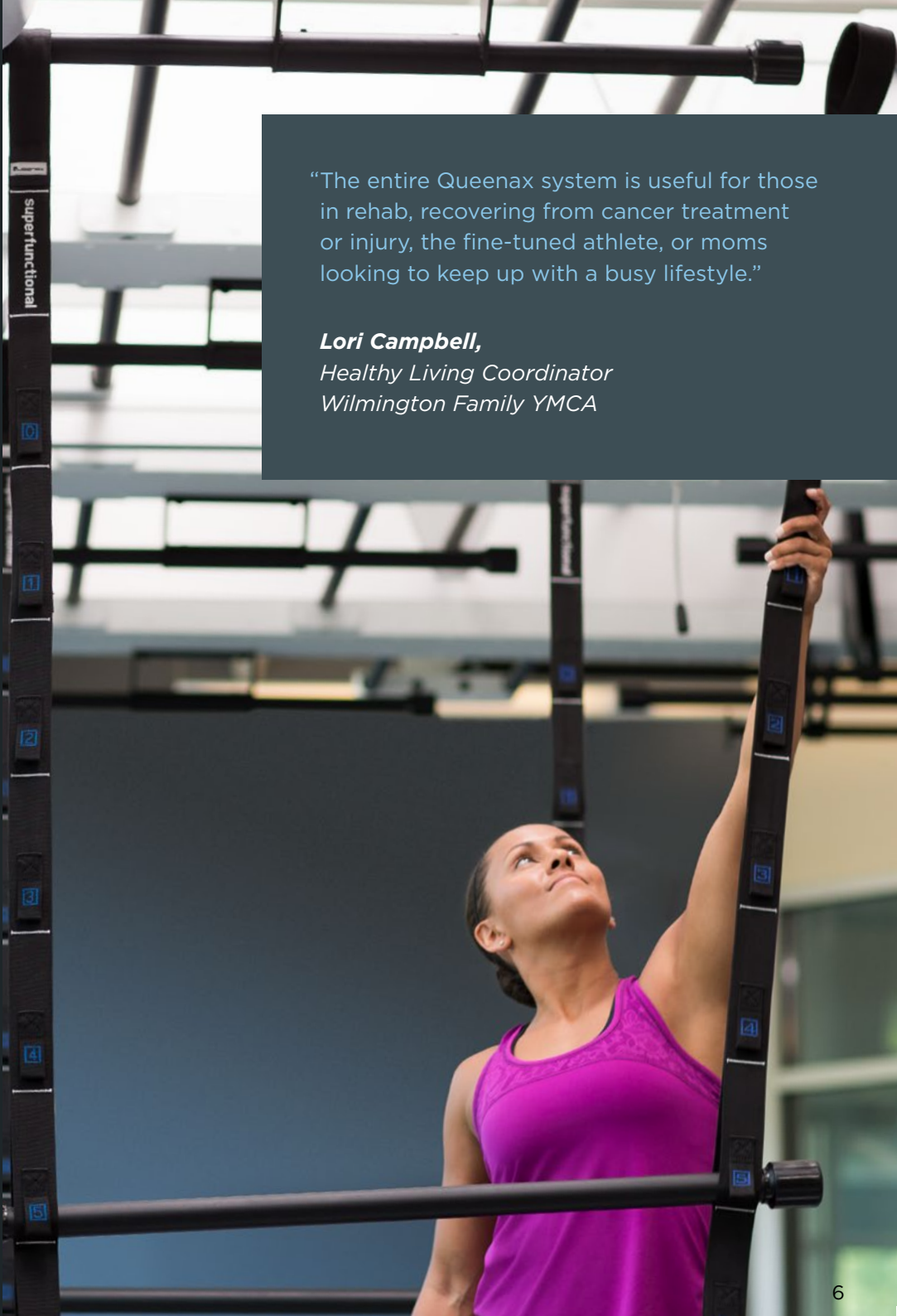
Assurance Through Engineering

Suspension fitness is meant to leave you hanging. Your exercisers should have confidence in what they're hanging from. The Queenax platform is extensively tested with over eight years of lab and in-field testing and strict adherence to international safety standards.

Proven Coaching

Since its inception, more than 4,000 fitness professionals across 20 countries have been trained on how to make the most out of their facility's Queenax unit at one of our seven CEC-approved, onsite training workshops.

*Standard Queenax units have a minimum height requirement of three metres and all units are required to be bolted into 8-10 cm of solid concrete floor.



“The entire Queenax system is useful for those in rehab, recovering from cancer treatment or injury, the fine-tuned athlete, or moms looking to keep up with a busy lifestyle.”

Lori Campbell,
Healthy Living Coordinator
Wilmington Family YMCA



MEET THE NEEDS OF A WIDE RANGE OF EXERCISERS

It's important to choose a system that can be adapted to your specific exerciser demographics, physical capabilities and training interests. Training platforms should be easily adaptable, support different programme styles and welcome a variety of in-demand accessories. Queenax meets all of these needs and more.

WHAT YOU PUT IN YOUR SPACE
AND HOW YOU EDUCATE YOUR
TRAINERS TO COACH IN THAT
SPACE ARE WHAT COUNT
AND MAKE YOUR INVESTMENT
WORTHWHILE

FIRST THING'S FIRST



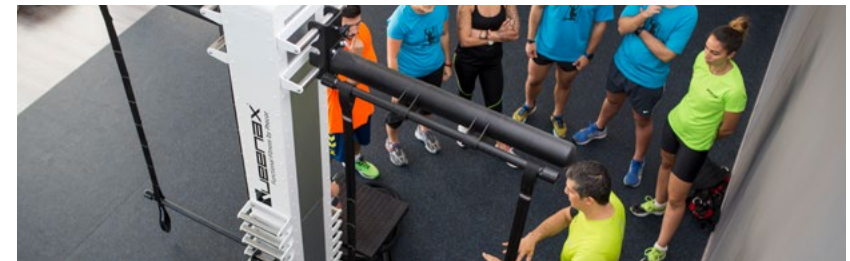
1. Know Your Exercisers

Queenax is able to scale and grow with you to meet the needs of your exercisers.



2. Know Your Space

Appropriately designing the space where you will conduct your group training is key. Queenax is customisable and has a variety of solutions to solve this problem for you.



3. Know Your Fitness Staff

Precor offers comprehensive Queenax education to provide the essential groundwork for group training implementation.

FLEXIBLE GROUP TRAINING FORMATS

Queenax supports a range of group training formats that you can tailor to suit the needs of your exercisers.



SUPPORTED FORMATS



Class Training

Each participant has a dedicated training station and equipment. Everyone performs the same exercise, but the trainer adapts the movement to each participant's skill level.



Suspension Fitness Training

A form of resistance training where exercisers create resistance by leveraging or offsetting their own bodyweight with straps, tubing, or ropes.



Circuit Training

Exercisers move through different stations with unique training tools. Everyone is performing a different activity.



Boxing

Combat fitness training using heavy bags to improve coordination, core stability and aerobic fitness.



Team Training

Class participants divide into teams of 2-10 across multiple training zones. Each team spends a fixed period of time in each zone before transitioning to the next.



HIIT Training

Systematically alternating intense exercise bouts with periods of recovery.



Yoga, Spinning® and More

The flexibility of Queenax allows the floor space beneath the unit to be preserved for yoga, Spinning®, or other activities when the Queenax is not in-use.

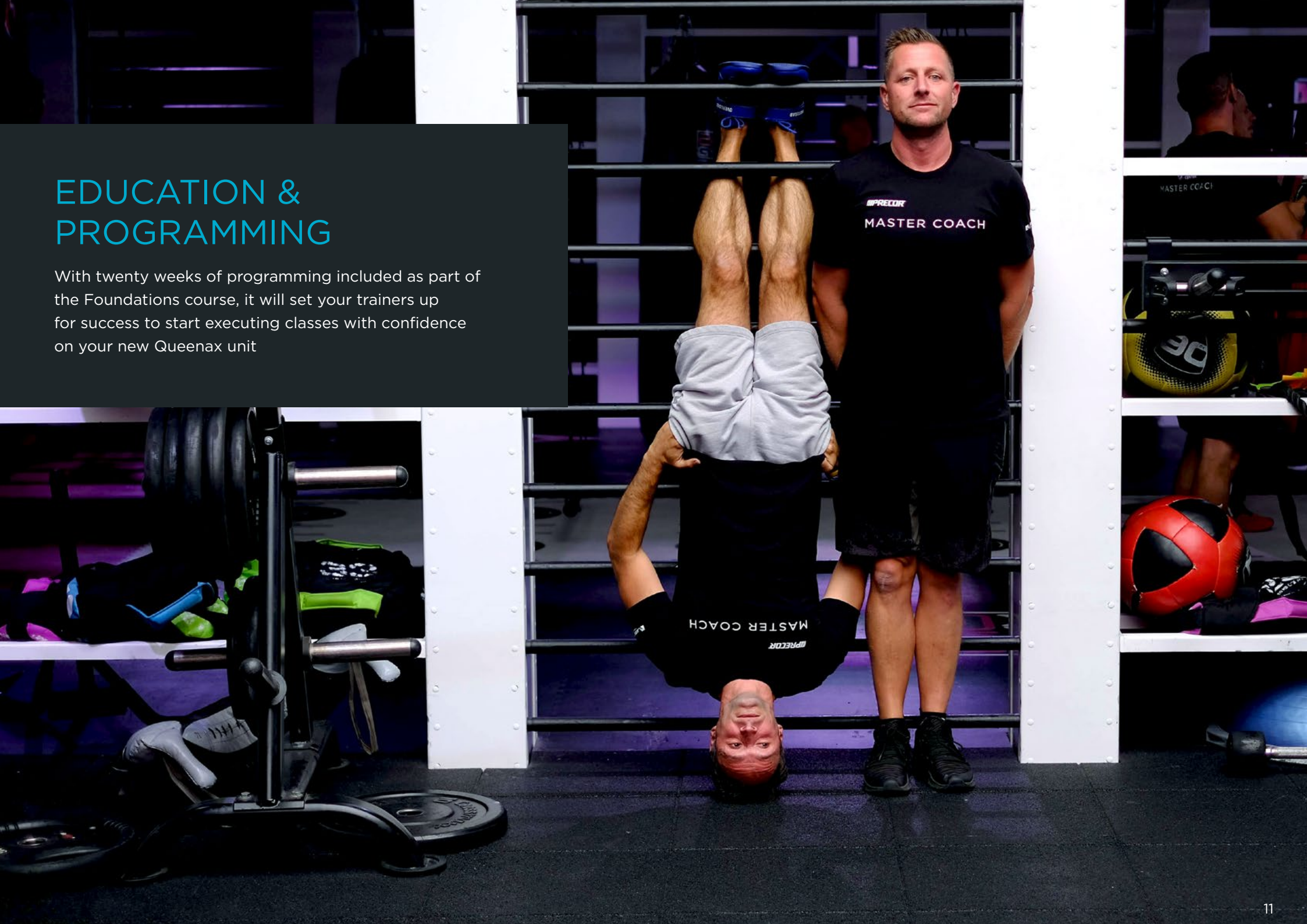


Recovery Training

Restorative techniques and exercises that repair and heal the body. Great for a variety of training populations, including active aging.

EDUCATION & PROGRAMMING

With twenty weeks of programming included as part of the Foundations course, it will set your trainers up for success to start executing classes with confidence on your new Queenax unit



SEVEN COURSES TO CHOOSE FROM



Queenax Foundations

This full day introduction course, teaches trainers a system for building movements and workouts with an array of functional training tools. Including five pre-built four-week small group training packages they can use to kickstart programming in the facility.



Queenax Elite

The full day course provides training on how to create an obstacle course race-training programme using four fundamental components: climb, crawl, cross and carry.



Queenax Fundamentals

This condensed course covers the basics of functional training and movement progression on Queenax and is ideal as a refresher course for staff.



Ultimate Superfunctional

This focused course teaches trainers how to deliver structured, creative group workouts using the Superfunctional training bar.



Superfunctional Move

This focused course combines components of recovery and regeneration work to help trainers teach a class that engages, relaxes and recentres exercisers.



UFO Specialisation Course

This focused course provides trainers with the knowledge on how to train and build programmes with the UFO, the first suspension fitness tool that allows exercisers to suspend their whole body weight on a platform, while reacting to three-dimensional forces.



4D PRO® Bungee Fitness Trainer Course

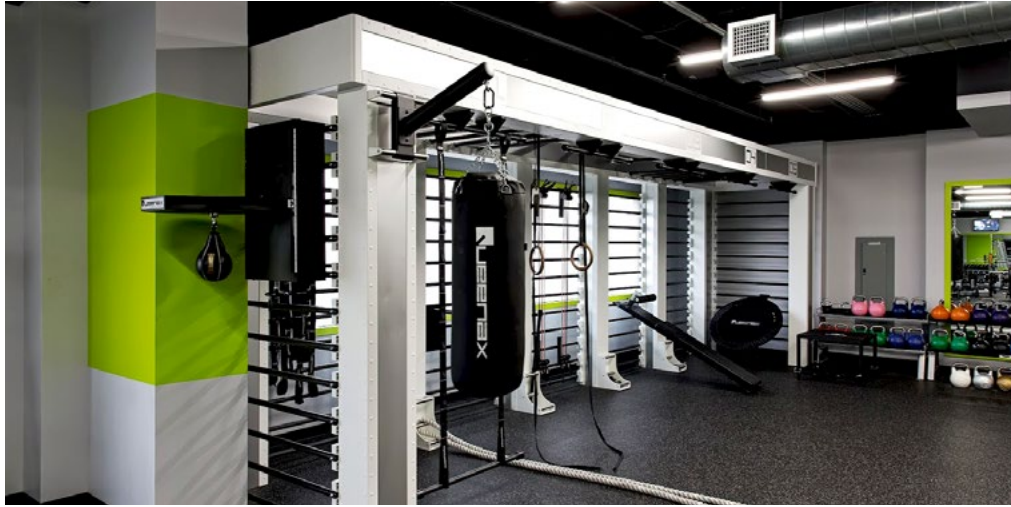
This focused course teaches trainers how to coach and design movements with the dynamic 4D PRO Bungee Fitness Trainer, a game changer in the world of play based-exercise.

Visit go.precor.com/queenaxcourses to learn more

QUEENAX CUSTOMISATION

Because your facility is unique, your Queenax can be too. Queenax units can be customised to meet the specific needs of your facility. Need your Queenax to support circuit-style and class-style training? We can design a Queenax for that. Need it to fit in an oddly shaped room? We can design a Queenax for that, too.





Overcoming Obstacles

Solution: This Open Format unit fits neatly into a cut-out in the wall and works around the pillar to create an additional training station.



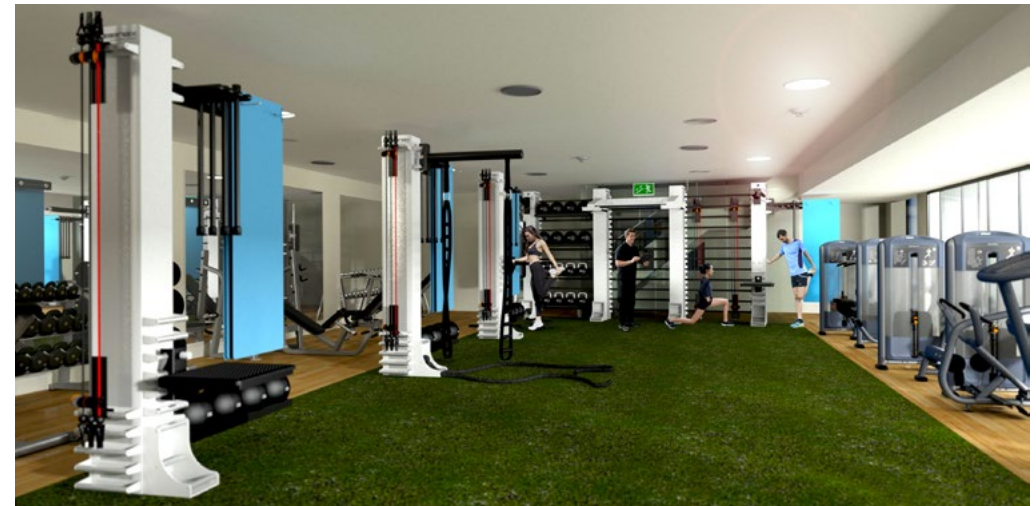
Transforming Squash Courts

Solution: Transform the space into a group training room, with a Queenax Bridge that goes wall-to-wall to maximise the space.



Maximising Tight Spaces

Solution: This Bridge unit spans the length and width of the room and makes an otherwise narrow space a group exercise playground.



Preserving Open Space

Solution: These One units and Wall Solution take up a minimal amount of space, preserving the area on the floor for other training activities.

PRECOR®

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