

FLUIDPOWERCUBE

GROUND BASED FUNCTIONAL TRAINING PLATFORM

FLUID
POWER
ZONE



10x
FLUID RESISTANCE



FUNCTIONAL & SPORT

50%

SELECTED TANK RESISTANCE

- + Diagonal and kettlebell patterns, rehabilitation, upper and lower extremity, abduction / adduction, extension / flexion

POWER & SPEED

100%

SELECTED TANK RESISTANCE

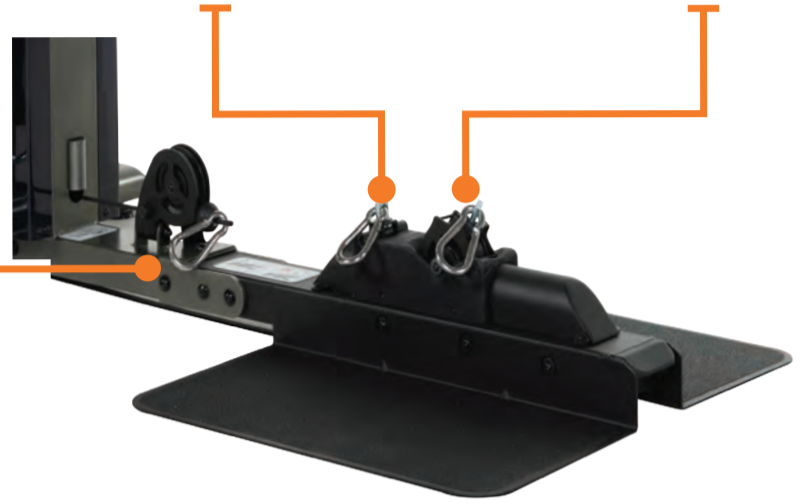
- + High pulls, jump squat and one arm clean press

STRENGTH & POWER

200%

SELECTED TANK RESISTANCE

- + Squats, deadlifts, bent rows and Olympic lifting movement



CUBE FUNDAMENTAL EXERCISES

SQUAT



DEADLIFT



BENT ROW



HIGH PULL



FRONT SQUAT



HIGH SHRUG



ROMANIAN DEADLIFT



DIAGONAL LIFT



ONE ARM CLEAN PRESS



KETTLEBELL SWING



DIAGONAL SWING



ONE ARM ROW



JUMP SQUAT

