

Connexus Free



Connexus Free is a complete freestanding system with multiple training stations that users can access from all sides. Connexus works with a wide range of accessories and training modalities including bars, bands, med balls, boxing bags, TRX straps and more. This gives trainers ultimate flexibility to design their own protocols and the ability to build variety into the programming they offer individuals, small groups and classes. Connexus features low, mid and high anchor points that accommodate bodyweight, resistance and flexibility training for a wide range of individuals and ability levels. Enhanced adjustability simplifies set-up and transitions between exercises to keep class and training sessions moving smoothly with little downtime. Connexus Free has everything you need for a multi-person functional training system on the weight room floor or in a dedicated space.

- Freestanding system with multiple training points and 360-degree access
- Offers broad training opportunity using bars, bands, med balls, boxing bags, TRX straps and more
- Moveable low, mid and high attachment points offer training flexibility
- Enhanced adjustability simplifies set-up and transitions between exercises
- Suitable for individual, small group and class training
- Optional med ball target can be used with slam balls and a wide variety of med balls to enhance power training programs
- Optional magnetic chalkboard features storage slot for chalk smart phone or tablet & allows trainers to post workout information in highly visible area
- Optional landmine attachment allows trainers to incorporate more explosive power training into programming

TECH SPECS

OVERALL DIMENSIONS (L X W X H)	290 x 265 x 241 cm / 114" x 104" x 95"
RECOMMENDED TRAINING AREA (L X W)	830 x 820 cm / 326.5" x 323"

PRODUCT WEIGHT	313 kg / 690 lbs
SHIPPING WEIGHT	342 kg / 754 lbs