

FOR STRENGTH. FOR CARDIO. FOR YOUR HOME.

Experience transformational, club-quality functional fitness with an amazingly versatile system designed to fit your space and your schedule.



CXR50 Functional Training System

Whether you're a functional training enthusiast or just looking to build strength for the activities of daily living, the newest addition to the Matrix family can help you sculpt a lean, strong physique in the convenience of your own home. Choose our premium functional training system for easy connection to an unmatched range of accessories, an endless variety of efficient strength and cardio exercises, a signature workout program that delivers transformational results, and a sleek, smart design that fits your space beautifully.

Suspension Anchor
Suspension anchor allows for hundreds of bodyweight and gravity-based exercises, plus progressions for everyone from beginners to experts.

Training Bar
Included weighted training bar takes a wide range of functional movements and traditional exercises like curls and squats to the next level when used with resistance bands.

Resistance Bands
Included resistance bands work vertically and horizontally to provide resistance in all phases of movement.

Base Anchors
Solid base anchors offer unique attachment points for resistance bands, intensifying strength training.

Space-efficient Design
Sleek, fully contained design features a footprint just slightly larger than a treadmill.



Pull-up Bar
Pull-up bar allows for a range of bodyweight exercises.

Power Grid
Power grid provides a wide range of attachment points for resistance bands and other accessories to accommodate an endless variety of exercises.

Smart Storage Chalkboard
Included smart storage chalkboard keeps your device in view and offers a convenient place to make workout notes.

Foam Roller
Included foam roller relaxes sore muscles while improving mobility and range of motion.

Activity Base
Durable activity base protects your floor and includes a non-slip surface for stability during intense workouts. Progression lines help users maintain proper form and easily adjust difficulty.

CXRSO FUNCTIONAL TRAINING SYSTEM	
INCLUDED ACCESSORIES	11-lb. Training Bar, 6 Resistance Bands (2 light, 2 medium, 2 heavy), Foam Roller, Smart Storage Chalkboard, Training Guide
DIMENSIONS (L x W x H)	225 x 114 x 216 cm / 90" x 45" x 85"
PRODUCT WEIGHT	139 kg / 306.5 lbs.
USER WEIGHT CAPACITY	159 kg / 350 lbs.

CONNEXUS HOME WORKOUT GUIDE

<p>60-day Connexus Program Take out the guesswork and stay on track for your physical transformation.</p>	<p>Body Strong Workout Sculpt a lean, toned physique while building functional strength.</p>	<p>Body Revive Session Relax sore muscles and improve mobility with a foam rolling routine.</p>
<p>Body Burn Workout Burn fat at an amazing rate with our HIIT interval workout.</p>	<p>Body Blast Workout Increase power and speed while building endurance.</p>	<p>Body Score Workout Check progress and challenge yourself to improve your functional fitness.</p>