

Review of the Cross Core War Machine

by IronMac Fitness on Friday, December 24, 2010



Okay, when I first saw the promo video for the War Machine I immediately thought that it was just another fitness gimmick from the U.S using a cool name to sell what is essentially a suspension trainer. However I was intrigued by the pulley system and cyclic action.

When it first arrived, I was impressed with the quality and how it was put together, definitely on par with the TRX (which I already own and a great piece of kit in it's own right). I immediately set it up; yes, I don't watch the instruction dvd either (but you need to as there is a few set up tips that are essential) and wanted to get stuck straight in and feel what it was all about.

I started doing a few basic exercises and thought, yep, just another suspension trainer under a different name- then I pulled the pin and it got really interesting! I think this is what sets the War Machine apart from the other suspension trainers currently on the market. You pull the pin out, and pandoras box opens- AWESOME!

Personally I have been really impressed with the clever use of the pulley system and more so the different training options it gives me as a coach. I work with a variety of different athletes and clients; some injured and others at the top of their game. The War Machine is versatile enough to be used as part of movement preparation, prehab and post op rehab (I am currently using this as part of my shoulder prehab) as well as using it for the main session of your workout and finally flexibility at the end.

Another great feature which I love is that you can attach a sandbag a kettlebell or whatever you are using to the handles via the karabiner and then use it for rowing type movements. I am now considering purchasing another one so that I can use it like a cable cross over. Perfect considering that I have a small training space and at home and don't have the space to fit in that piece of equipment as well as the cost for a limited machine.

Is there any downsides? You could say the price tag, however, considering how I use this day to day, the endless possibilities for new exercises and variations of existing ones it's a bargain and I forgot about it as soon as I got it. Anyway, I now have a redundant TRX for sale- any takers as I want another War Machine....

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