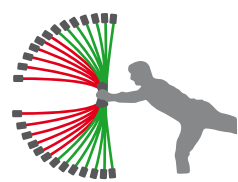


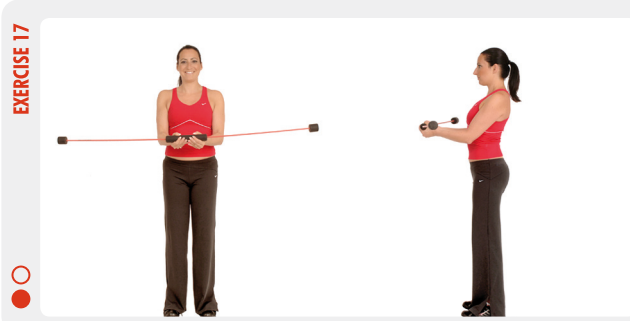
These training plans have been specifically designed for a whole body workout. The FLEXI-BAR® exercises are divided into easy ○● and difficult ●●.

Important Note: Do not train using the FLEXI-BAR® when contraindications (inflamed and irritated skin around the shoulders and spine) are present, as well as in the final trimester of pregnancy. People in ill-health and those suffering from high-blood pressure must consult their doctor before they begin training. Children under the age of 15 years may only train with the FLEXI-BAR® under the supervision of an adult.

"THE GOLDEN RULE": AS LONG AS THE FLEXI-BAR® IS SWINGING, EVERYTHING IS OK. TRY TO KEEP YOUR SHOULDERS DOWN.



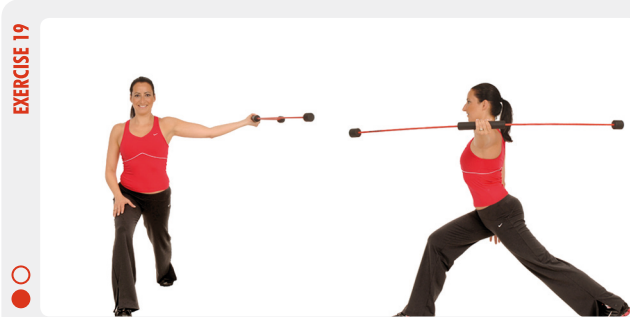
Using the proper amplitude: Please make sure using the FLEXI-BAR® in the green area only. This is best for proprioception and lifetime of your FLEXI-BAR®. Swinging in the red area will not improve your training results. Swinging in the red area will also overstrain your FLEXI-BAR®. As a result damage might occur and you will lose the warranty given by the manufacturer.
TRAINING WITH A DAMAGED FLEXI-BAR® CAN CAUSE INJURIES.



Shoulder Rotators and Chest Muscles

Body Position: Legs shoulder width apart, hold the FLEXI-BAR® with palms facing upward (thumbs facing outward). Keep shoulder blades low, elbows bent at 90°.

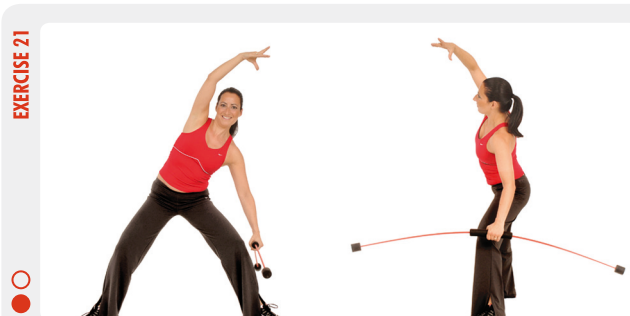
Swinging Motion: With a relaxed wrist, begin the movement directly in front of you. A forward-backward motion results.



Rotator Cuff Muscles - Shoulder

Body Position: Stand in lunge position, left leg to the back, right leg to the front, heel not in contact with the floor. Hold the FLEXI-BAR® with the hand facing outwards (thumb pointing upwards), extend the arm at shoulder height outwards.

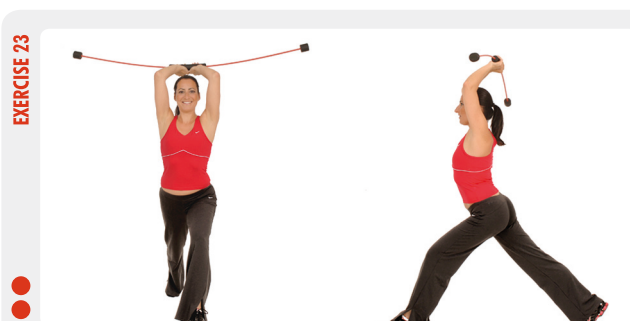
Swinging Motion: Out & In. Repeat other side. (NB: don't forget to change legs as well as arms)



Obliques

Body Position: Legs shoulder width apart. Hold the FLEXI-BAR® in the left hand (facing inwards). Move the right hand diagonally above the head. Lean the upper body to the side.

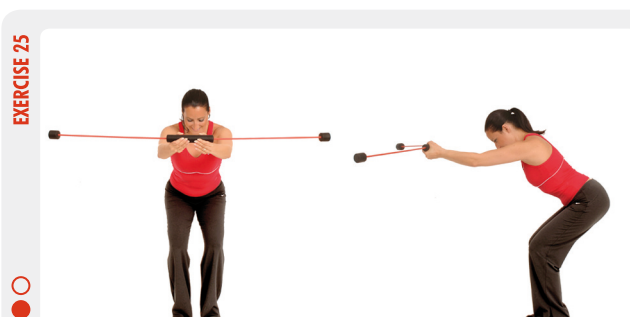
Swinging Motion: Swing the FLEXI-BAR® up and down just below the knee. Important: Keep shoulders low. [CHANGE SIDES]



Triceps

Body Position: Left leg to the front, right leg to the back. Hold the FLEXI-BAR® with both hands and straight wrists from above, thumbs pointing downwards. Raise the arms above the head and bend at right angles. The thumbs are now pointing in the direction of the ceiling.

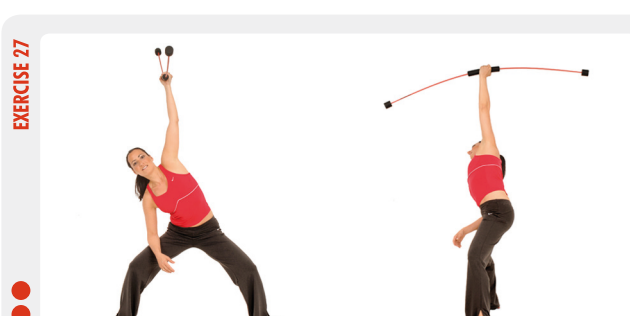
Swinging Motion: Up and down, (keep the elbows as close together as possible).



Back Extensors and Bottom

Body Position: Deep shoulder width stance (squat), body weight through heels. Lean the upper body forward while keeping the back straight. Holding the FLEXI-BAR® please see Ex. 17.

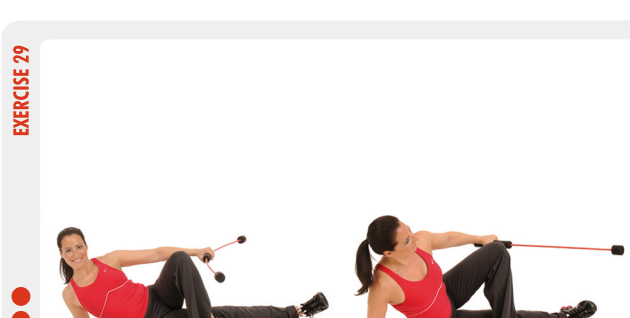
Swinging Motion: The thumbs point towards the ceiling, the underarms toward the floor. The first impulse also goes in this direction. A diagonal backwards-forwards motion results.



Waist

Body Position: Wide leg squat, hold the FLEXI-BAR® in the left hand, the right forearm propped up on the right thigh. Lean the upper body to the right. The FLEXI-BAR® points in the direction of the ceiling.

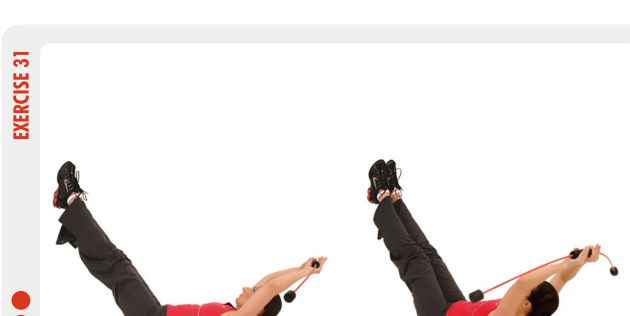
Swinging Motion: Swing up and down. [CHANGE SIDES]



Adductors - Intensive Workout

Body Position: Lie on your right side, the right elbow directly below the shoulder joint. The left leg is positioned on the floor in front of the stretched right leg. The FLEXI-BAR® is gripped and rotated inward. (Thumb pointing towards the thigh).

Swinging Motion: Parallel to the floor (in the direction of the right foot). [CHANGE SIDES]



Teaser - Intense Abs

Body Position: Lying on your back, firstly both legs bent. FLEXI-BAR® is held rotated inwards and brought behind the head. The upper body is brought into the crunch position with the arms extended. The legs are lifted, slanted slightly towards the ceiling. Important: this is only recommended for practiced users.

Swinging Motion: Behind the head - backwards and forwards.



Balance - Adductors

Body Position: Wide leg squat. The kneecaps and toes point into the corners (45°). Lift your heels off the floor (on your tippy toes) and move your bottom a little deeper. Keep your back straight. Hold FLEXI-BAR® rotated outward (thumbs pointing upward). Elbows bent (ca. 90°). Hold the FLEXI-BAR® at roughly the height of your navel.

Swinging Motion: Backwards and Forwards.

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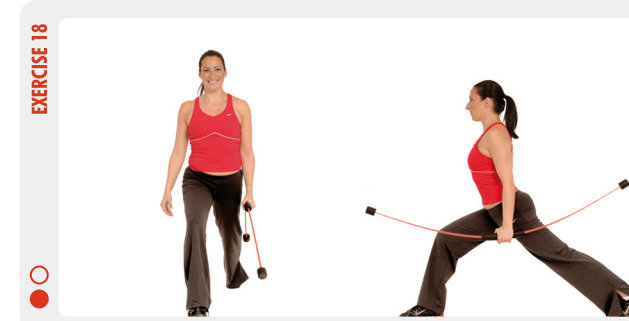
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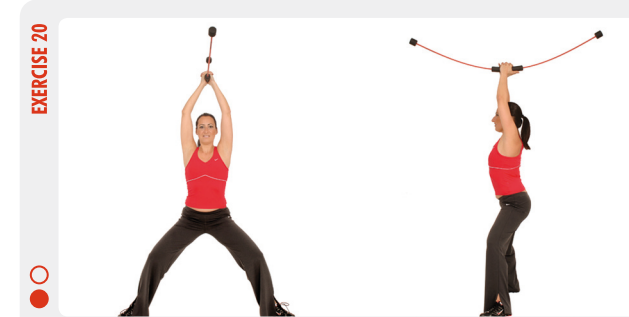
For more information on FLEXI-BAR® products and the FLEXI-SPORTS® Shop go:
www.flexi-sports.com or call +49 (0)89 - 450287 - 0



Stress-Reliever

Body Position: Stand in lunge position, left leg to the back, the back heel lifted from the floor. The left hand loosely holds the FLEXI-BAR®, thumb points towards the thigh.

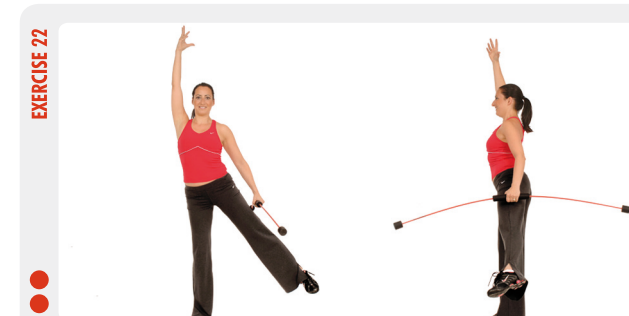
Swinging Motion: Up and Down. (Parallel to thigh) [CHANGE SIDES]



Deep Back Extensors

Body Position: Wide leg squat. Hold the FLEXI-BAR® with a cradle grip (interlaced fingers) and with extended arms, move to above the head. Important: Keep the shoulders down. Tuck the chin in towards the breastbone.

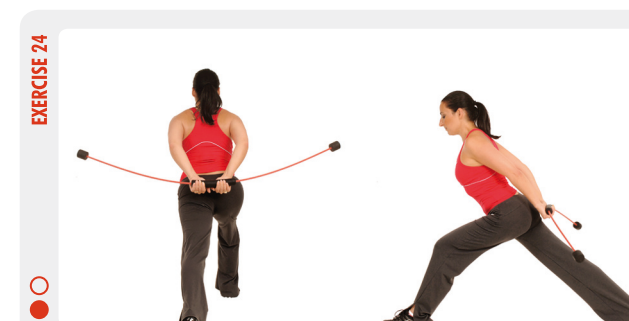
Swinging Motion: Up and Down.



Hips & Waist

Body Position: Stand with your body weight on your right leg, left leg splayed slightly above the ground. Hold the FLEXI-BAR® in the left hand, the thumb pointing inwards. Arm and leg parallel to one another. The upper body remains upright.

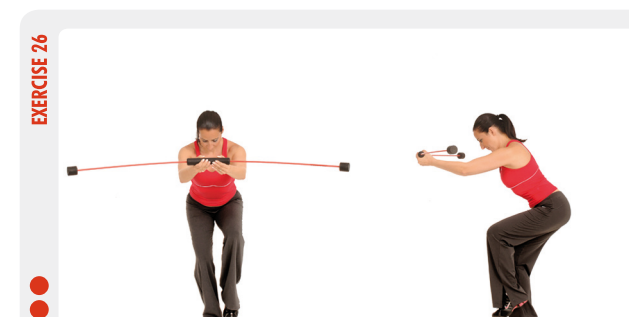
Swinging Motion: Parallel to leg, therefore diagonally up and down. [CHANGE SIDES]



Triceps 2

Body Position: Left leg to the front, right leg to the back. The right heel slightly above the floor, the left knee behind the front portion of the foot. The FLEXI-BAR® is held rotated inwards behind the bottom (thumbs point backwards). The upper body is leaned very far to the front and downward, the line of vision also.

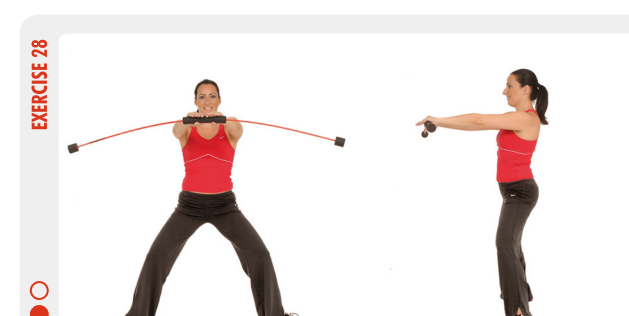
Swinging Motion: Swing backwards and forwards in the direction of the back heel. [CHANGE SIDES]



Abductors and Hips

Body Position: Stand with legs shoulder width apart, body weight on the right leg. Bend the knee and transfer the weight onto the heel. Hold the FLEXI-BAR® with your grip facing outwards (thumbs pointing upwards). Line of vision toward the floor (keeping cervical spine straight). The more practiced can lift their left leg completely off the floor.

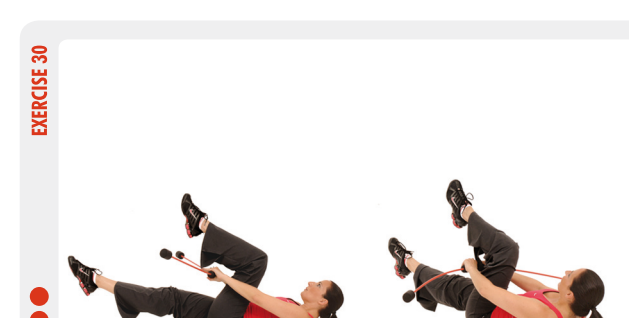
Swinging Motion: Backwards and Forwards. Elbows bent at ca. 90°. [CHANGE SIDES]



Multifidi (deep vertebral stabilizing muscles)

Body Position: Wide leg squat, hold the FLEXI-BAR® loosely from above, bring the extended arms up to chest height, the shoulders pulled down.

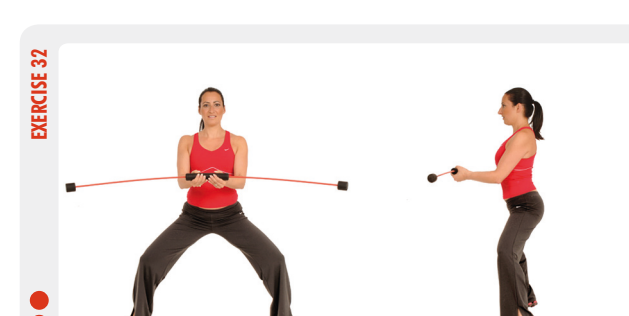
Swinging Motion: As an exception, NOT in the direction of the arms, but up and down.



Ab Roller

Body Position: Lie on your back, both legs bent and tucked up towards the chest, then raise your upper body to shoulder blade height, leaving the left leg bent, stretch out the right leg towards the floor. Hold the FLEXI-BAR® behind the left thigh, with your line of vision directed towards the bent knee.

Swinging Motion: Parallel to the extended leg. [CHANGE LEG]



Balance - Adductors

Body Position: Wide leg squat. The kneecaps and toes point into the corners (45°). Lift your heels off the floor (on your tippy toes) and move your bottom a little deeper. Keep your back straight. Hold FLEXI-BAR® rotated outward (thumbs pointing upward). Elbows bent (ca. 90°). Hold the FLEXI-BAR® at roughly the height of your navel.

Swinging Motion: Backwards and Forwards.

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