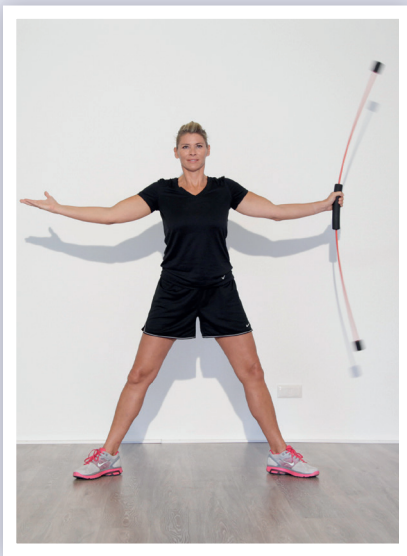


Aktion Gesunder Rücken e. V.

Exercises with the FLEXI-BAR®

Holding the FLEXI-BAR: grasp the grip in the middle, with just one or both hands (depends on the exercise). Wrists in a neutral position. To protect your finger joints, hold the grip in your hand rather than just with your fingers. The important thing is to hold the grip loosely.

Starting the vibration: start the FLEXI-BAR vibrating with small movements of your hand (in extension of your forearm). Short impulses should then keep the FLEXI-BAR vibrating (like swinging, here too it's a case of giving an impulse at the right moment in time). It is your arm that transfers the vibrations: if you can keep your arm rigid, this enlarges the vibration amplitude for more intensive training. The vibration time depends on your strength, endurance and coordination, which is exactly what you want to improve by exercising with the FLEXI-BAR. It is quite normal to encounter difficulties at the beginning (for about the first 10 training units).

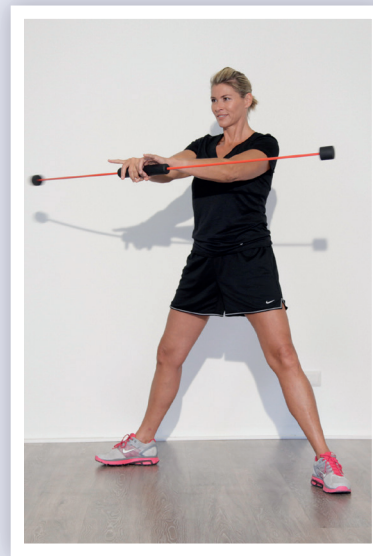


Exercise 1:

Chest opener

Starting position: stand with your feet wide apart, arms spread out to the side at shoulder height, grasp the FLEXI-BAR® loosely in one hand and hold it parallel to your body.

Movement: out and in (for about 30-60 seconds, then change side).

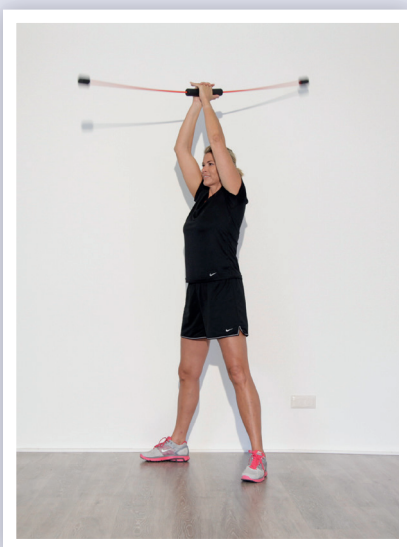


Exercise 2:

Butterfly front

Starting position: stand with your feet wide apart, hold the FLEXI-BAR® loosely with both hands in front of your body at chest height, grasping the grip from above.

Movement: forwards and backwards (for about 30-60 seconds).

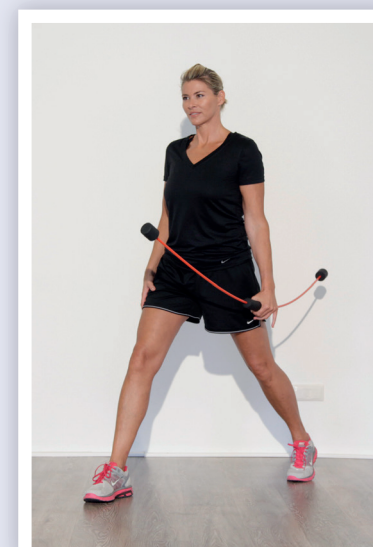


Exercise 3:

Spine stretcher

Starting position: stand with your feet wide apart, grasp the FLEXI-BAR® with both hands, interlocking your fingers, and hold it over your head with your arms stretched.

Movement: up and down (for about 30-60 seconds).



Exercise 4:

Releasing tension

Starting position: take one step forward, lift your rear heel from the floor; grasp the FLEXI-BAR® loosely with the arm on the same side as your rear leg, thumb pointing to your thigh.

Movement: up and down parallel to your thigh (approx. 30 to 60 seconds, then change side).

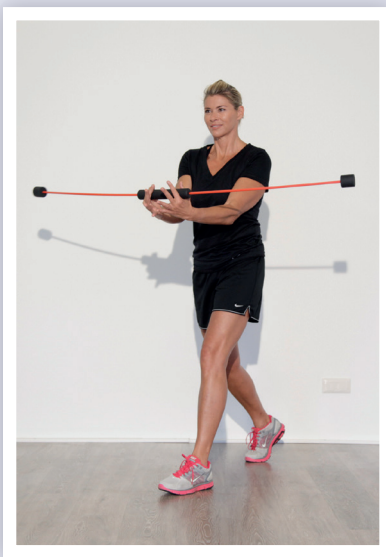
Aktion Gesunder Rücken e. V.

Einfache Rückenübungen für den Alltag

Exercises with the FLEXI-BAR®



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Exercise 5:

Supination

Starting position: take one step forward, lift your rear heel from the floor; grasp the FLEXI-BAR® with outer rotation (thumbs pointing upwards), elbows bent at approx. 90°.

Movement: start the movement loosely from your wrist, forwards and backwards (about 30-60 seconds).



Exercise 6:

Low hold right and left

Starting position: stand with your feet wide apart, grasp the FLEXI-BAR® with both hands vertically in front of your body.

Movement: move the FLEXI-BAR® to the right and left (approx. 30-60 seconds).



Exercise 7:

Low squat

Starting position: low squat, grasp the FLEXI-BAR® with both hands from above, stretch your arms out in front at head height parallel to the floor.

Movement: forwards and backwards (for about 30-60 seconds).