

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

Please keep the following FLEXI-BAR® Tips in mind:

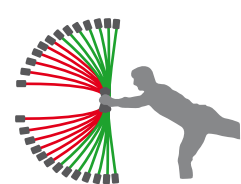
Holding the FLEXI-BAR®: Always hold the FLEXI-BAR® in the centre of the rubber grip, whether you use one or two hands. Most importantly, keep your grip relaxed at all times, with your wrists in a neutral position. Try not to squeeze the grip, otherwise your arms will fatigue quickly.

Swinging the FLEXI-BAR®: The FLEXI-BAR® can be made swing (in the direction of the extension of the lower arm) with a slight movement of the hand. Subsequently, the swinging of the FLEXI-BAR® is maintained with short impulses (similar to a playground swing it is important to set the impulse at the right moment). The more the rigidity that can be maintained in the arm as the swing conveyor, the greater is the amplitude and correspondingly the intensity of the training. The swing duration is dependent on the strength, stamina and coordination capabilities of the user. And it is exactly that which the training with the FLEXI-BAR® aims to improve. Initial problems (during the first 10 or so training sessions) are absolutely normal.

Training Guidelines: In order to achieve both the best and most balanced training results it is important to incorporate all the exercises contained in the training plans alternately into your own personal training programme. In order to train problem areas more intensively, you can choose to perform individual exercises for longer periods. We recommend to train 3 times a week for 10 minutes each time with the FLEXI-BAR®. It is important that you perform the exercise for 30-60 seconds (depending on your personal fitness level). During the performance of all of the exercises the shoulders, stomach as well as the surface and core back muscles are strengthened. In the following exercise images we will indicate the individual muscles which will be trained.

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.

EXERCISE 1



Chest and Back

Body Position: Broader Back Muscle, Chest Feet shoulder width apart. Loosely grip the FLEXI-BAR® with both hands and hold it in front of the body at roughly chest height, grasping the handle from above. Tuck the chin into the throat (make the neck long).

Swinging Motion: Forward & backward.

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EXERCISE 2



Shoulders & Upper back

Body Position: Legs just more than shoulder width apart. Hold the FLEXI-BAR® loosely with one hand parallel to the body, the arm stretched out from the body. Thumbs pointing forwards.

Swinging Motion: Swing both in and out, while attempting to bring the arm farther behind the body. [CHANGE SIDES]

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EXERCISE 3



Middle Back, Latissimus

Body Position: Broad upright stance, knees and toes pointing outwards. With extended arms, move the FLEXI-BAR® above the head. Important: Keeping the shoulders low is imperative. Thumbs point forwards.

Swinging Motion: Up and down.

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EXERCISE 4



Lower back & Chest

Body Position: Wide leg squat with knees and toes pointing outwards. Lean the upper body forwards, keep your back straight, make a double chin. Grasp the handle from above.

Swinging Motion: Up and down in the direction of the floor.

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EXERCISE 5



Bottom

Body Position: Tight, deep squat, grasp the FLEXI-BAR® with both hands from above, tuck in your chin slightly. Keeping the shoulders low is imperative. Raise both arms to head height.

Swinging Motion: Backwards and Forwards

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EXERCISE 6



Core Muscles (abs, obliques, deep muscles of back)

Body Position: Feet just more than shoulder width apart. Hold the FLEXI-BAR® with both hands in front of and vertical to the body.

Swinging Motion: Swing the FLEXI-BAR® from left to right. Requires substantial body tension.

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EXERCISE 7



Abdominals, Gluteals, thighs

Body Position: Take a large lunge step, hold the FLEXI-BAR® parallel to the floor, then lean forward while keeping the upper body straight and raise your back leg. Important: do not fall into the "hollow back".

Swinging Motion: Backwards and Forwards, parallel to the floor. [CHANGE SIDES]

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EXERCISE 8



Chest & Shoulder girdle

Body Position: Legs shoulder width apart. Hold the FLEXI-BAR® with both hands vertically in front of the body.

Swinging Motion: Backwards and Forwards. While performing the training exercise, attempt to rotate the upper body to one side. [CHANGE SIDES]

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EXERCISE 9



Pelvic Girdle, Bottom

Body Position: See Ex. 2. Furthermore, splay one leg, the bodyweight is transferred to the standing leg.

Swinging Motion: Right to left. [CHANGE SIDES]

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EXERCISE 10



Thoracic spine, serratus anterior muscle

Body Position: Get down on all-fours. Raise the arm holding the FLEXI-BAR® to head height, extend the arm away from the body. Important: Drop shoulders low.

Swinging Motion: Backwards and Forwards [CHANGE SIDES] Variation for the more practiced: Raise the stretched opposite leg to hip height and hold that position. [CHANGE SIDES]

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EXERCISE 11



Hips and Waist

Body Position: Lie on your side, elbow under the shoulder, bottom leg bent and slightly forward. Top leg stretched out straight. The top arm holds the FLEXI-BAR®, the thumb pointing downwards.

Swinging Motion: Backwards and Forwards, parallel to the thigh. [CHANGE SIDES]

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EXERCISE 12



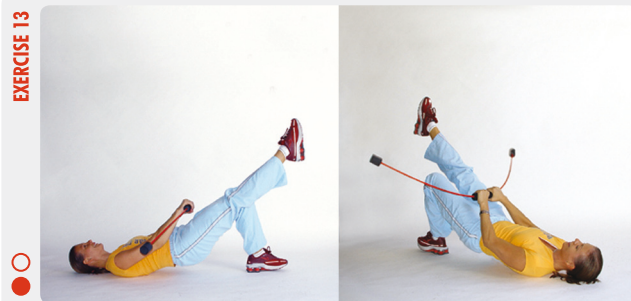
Intensive waistline

Body Position: See Ex. 11. Then raise your pelvis and splay the upper leg. The top arm loosely holds the FLEXI-BAR® and is also splayed. The thumb points forwards.

Swinging Motion: Up and down repeat on other side

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EXERCISE 13



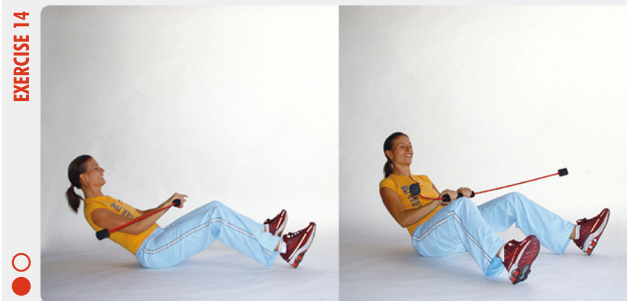
Bottom (glutes)

Body Position: Lie on your back, knees bent, squeeze through glutes. Lift your back off the floor up as far as the ribcage. Now extend one leg completely, knees remain parallel. Grasp the FLEXI-BAR® from above, extend the arms completely.

Swinging Motion: Swing backwards and forwards, parallel to the thighs. [CHANGE LEG]

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EXERCISE 14



Abdominals

Body Position: Assume a wide sitting position, heels placed firmly on the floor. Lean back while keeping the back straight. Hold the FLEXI-BAR® with both hands at chest height.

Swinging Motion: Swing parallel to the thighs. Important: Always keep the FLEXI-BAR® swinging. Lean the upper body back still further - hold in that position - return to an upright position. Repeat.

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EXERCISE 15



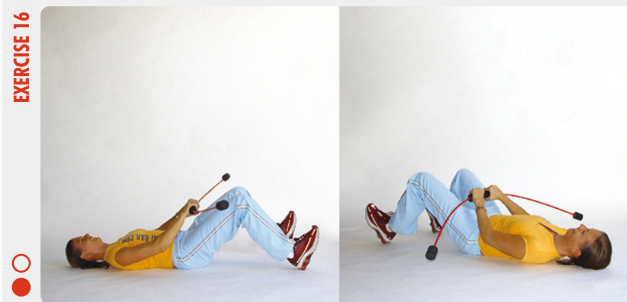
Obliques, Pure Abdominals

Body Position: See Ex. 14. In addition, rotate the upper body to one side.

Swinging Motion: Swing parallel to the thigh rotated towards, roll the upper body backwards - return to starting position. [CHANGE SIDES]

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EXERCISE 16



Torso Musculature

Body Position: Lie on your back, knees bent, the heels placed firmly on the floor. Chin lightly tucked in (make the neck long) and allow the entire back and bottom to rest on the floor. Hold the FLEXI-BAR® with both extended arms.

Swinging Motion: Backwards and Forwards, parallel to the thighs.

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