The FLEXI-BAR® programme designed especially for golfers - for a better and healthier handicap

Advantages of FLEXI-BAR® training:
- Prevention of injury
- Improved co-ordination
- Increased joint suppleness
- Ideal warm-up training
- Endurance training
- Deep-muscle exercising

The training programme with the FLEXI-BAR® increases physical flexibility, endurance, coordination and balance; it enhances the sense of movement and swing as well as correcting muscular imbalances.

Technique and muscle training: End of swing “Finish”
For a better and healthier handicap.

Obstacles to improving handicaps need not necessarily be a reflection of technical short-comings. They may stem from a lack of the golfer’s general level of fitness and that of his or her “golf muscles”.

The training programme with the FLEXI-BAR® increases physical flexibility, endurance, coordination and balance; it enhances the sense of movement and swing as well as correcting muscular imbalances.

In order to avoid the danger of injury (back, shoulder, hips, knees, etc), warm-up exercises are crucial. You can carry these out in just five minutes by effectively employing the FLEXI-BAR® before starting out on your game of golf.

Advantages of FLEXI-BAR® training:

1. Prevention of injury
   Effective in relieving discomfort of the back, shoulders and arms; allows for a pain-free game of golf and consequently a better handicap

2. Improved co-ordination
   Better interplay between individual muscles leads to optimised speed of the club head

3. Increased joint suppleness
   Allows for better movement in the torso

4. Ideal warm-up training
   Prevents injuries

5. Endurance training
   “Golf muscles” are strengthened; a constant, beautiful swing is achieved

Barbara Klein (sports physiotherapist and author of several publications on back problems) and Claudia Pöhlmann (golf physio-trainer and sports therapist) have devised a workout which combines their knowledge about golf training and injury prevention. The specific exercises are not only designed to improve technique and performance, but generally address problems of posture and movement. At last, the absolutely unique FLEXI-BAR®, popular for many years, has been specifically adapted to the game of golf — taking into account scientific knowledge of sports training and physiotherapy.
Important points to note for all exercises

Starting off the swinging: The FLEXI-BAR® is brought into a swinging rhythm with a small movement of the hand (in the direction of the extended lower arm). Thereafter, the FLEXI-BAR® should be kept swinging with short thrusts (similar to rocking motion which also requires you to keep up momentum). The more rigidly the arm is held when transmitting swings, the larger their amplitude and consequently the more intensive the exercises. The duration of the swing depends on the user’s strength, stamina and ability to synchronize. This is precisely what exercising with the FLEXI-BAR® can enhance. Minor initial difficulties (for the first ten training units approximately) are very common.

Application: In order to achieve excellent and balanced trainings result, it is important to carry out all the exercises which are listed within the chosen training programme on the back page. Needless to say, you can combine the training programmes with additional FLEXI-BAR® GOLF-FITNESS exercises. These can be either carried out at home or on the golf course. We recommend exercising three times a week, for ten minutes at a time. It is important to spend at least 60 seconds on each exercise.

Each training programme includes exercises
- for strengthening and stretching the golf muscles
- for flexibility enhancement
- for mobilisation of the torso
Training programmes 6 and 7 include additional golf-specific strengthening exercises.

For each of the exercises outlined below, we indicate which muscles in particular are addressed. The level of difficulty is clearly indicated for each training programme and the individual exercises. For beginners we strongly recommend starting with the easy training programme and exercises. Should you experience any discomfort while carrying out an exercise, do not continue with it and consult your physician.

Levels of difficulty of individual exercises:

- - - - easy
- - - medium
- - hard

Remember the golden rule: as long as the FLEXI-BAR is swinging, everything is all right.

Important advice: Do not exercise with the FLEXI-BAR® if there are contra-indications (inflammations in the shoulder or spinal area), or you are in the last three months of pregnancy. Those suffering from illness or high blood pressure should consult a medical practitioner before embarking on the programme. Children under 15 should only train under the supervision of an adult.

Permissible amplitude: Swinging within the green range is optimal, for proprioception as well as the lifespan of the FLEXI-BAR®. Swinging within the area marked in red certainly yields no improved results. In this range, the manufacturer’s guarantee is invalid, as the rod becomes over-loaded and splintering can occur.

Training with a defective rod can lead to injuries.

If you have further questions or require assistance, our service team will be pleased to help.
E-Mail: info@flexi-sports.co.uk
I. Warm-up exercises for golfing

Just a few minutes are sufficient to help avoid injuries

Exercise 1: Warm-up – “Twist”
A simple warm-up exercise for torso, shoulder and arm area

Starting position: Stand with legs at hip width. Hold the FLEXI-BAR® loosely in front of the body. Turn the upper body to the right, then to the left.

Motion: forwards and backwards

Exercise 2: Warm-up – “Set-up” position
Prepares the muscles for “set-up” and practises weight shifting

Starting position: Stand with legs at hip width. Hold FLEXI-BAR® loosely in a horizontal position in front of you, with the thumb facing towards the body. Turn the upper body and the FLEXI-BAR® to the right, shifting weight to the right leg and lifting the left heel. Repeat on the other side.

Motion: high and low (changing sides)

Exercise 3: Warm-up – torso turns “Rotatory”
For easier and improved opening out

Starting position: Stand with legs at hip width and knees bent. Loosely hold FLEXI-BAR® with the right hand. Stretch out the arm with thumb pointing forwards. Turn the upper body to the right, then repeat on the other side.

Motion: right and left (changing sides)
I. Warm-up exercises for golfing

Just a few minutes are sufficient to help avoid injuries

Exercise 4: Warm-up – torso turns “Rotatory” on one leg
Improves balance, which is particularly important when swinging through

Starting position: Stand on the right leg with the knee slightly bent. Loosely hold the FLEXI-BAR® with the right hand. Stretch out the arm with thumb pointing forwards. Turn the upper body to the right, then do the same on the other side.

Motion: right and left (changing sides)

Exercise 5: Warm-up – “Back Swing”
Coordination and strength training in one

Starting position: Stand with feet at hip-width and slightly bent knees. Hold the FLEXI-BAR® with the right arm (turned outwards, thumbs facing upwards) while the left arm supports the right like a “claw”. Move the right arm upwards and turn the upper body lightly at the same time, shifting the weight to the right leg. Return to the starting position (Those who are left-handed begin on the other side).

Motion: upwards and down

Exercise 6: Warm-up – “Finish”
This exercises muscles which help to maintain a firm stand at the end of the swing

Starting position: Stand with feet at hip-width and slightly bent knees. Hold the FLEXI-BAR® with the left hand (arm rotated outwards and thumb pointing upwards) while the right arm supports the left like a “claw”. Move the left arm upwards and lightly twist the upper body, while shifting the weight to the left foot. Return to the starting position (Those who are left-handed begin on the other side).

Motion: upwards and down
II. Exercises for back muscles

The Golf fitness training programme to improve your golfing muscles.

**Exercise 1: Back muscles – upper back**
For exercising the back musculature and achieving good posture

**Starting position:** Stand with the feet at hip-width. Hold the FLEXI-BAR® horizontally above the head and tense the stomach. Drop the shoulders and point the thumbs forward.

**Motion:** high and low

**Exercise 2: Back muscles – lower back in standing position**
Helps to maintain the set-up position

**Starting position:** Stand with feet at hip-width and buttocks lowered. Hold the FLEXI-BAR® horizontally in front of you, with the thumb pointing towards the body. Look at the floor. Those who are advanced can, additionally, move the FLEXI-BAR® over the head.

**Motion:** high and low

**Exercise 3 – Back muscles – lower back and torso twist in standing position**
A little more demanding!

**Starting position:** Keep body lowered with feet at hip-width. Hold the FLEXI-BAR® horizontally in front of you, turning the upper body to the right at the same time, so that you can look to the front between your arms. Repeat on the other side.

**Motion:** high and low
II. Exercises for back muscles

The Golf fitness training programme to improve your golfing muscles.

Exercise 4: Back muscles – working your back on all fours
Prevents your back becoming a handicap!

Starting position: Rest on all fours, with the knees more than hip-width apart. Stretch the right arm forwards with the FLEXI-BAR®, pointing the thumb downwards. Look down at the floor. Those suffering from problems with their wrists should lean on the elbows.

Motion: back and forth (changing sides)

Exercise 5: Back muscles – lower back and torso twist on all fours
Allows you to open out more easily

Starting position: Rest on all fours, with the knees more than hip-width apart. Move the right arm to the side and then upwards, pointing the thumb downwards. Those suffering from problems with their wrists should lean on the elbows.

Motion: right and left, up and down (changing sides)

Exercise 6: Back muscles – entire back
Demanding and very effective

Starting position: Lie on your front, tensing the buttocks and leg muscles. Using both hands, hold the FLEXI-BAR® lightly at head height. Look downwards. Those who suffer from problems with the neck should rest their forehead on a mat. Lift both legs if you are at a more advanced stage.

Motion: forward and backwards
III. Exercises for leg, buttock and hip muscles

The Golf fitness training programme to improve your golfing muscles

Exercise 1: Leg, buttock and hip muscles - legs and buttocks
For improved balance - essential for your swing

**Starting position:** Stand with legs at hip-width. Shift the body weight to the right leg and lift the left heel. Hold the FLEXI-BAR® with the right arm, pointing the thumb to the thigh.

**Motion:** high and low (parallel to the thigh, changing sides)

Exercise 2: Leg, buttock and hip muscles – legs and hips standing on one leg
Balance and strength in one

**Starting position:** Stand on the left leg and stretch out the right. Hold the FLEXI-BAR® loosely in one hand. Swing the arm outwards with the thumb pointing forwards.

**Motion:** left and right (changing sides)

Exercise 3: Leg, buttock and hip muscles – legs and hips in side support
Prevents swaying of the hips

**Starting position:** Lie on your side, supported by placing the elbow under the shoulder. Lower leg bent slightly forwards. Upper leg stretched out as an extension of the body. Hold the FLEXI-BAR® with the upper arm, pointing the thumb forwards. Lift the upper leg if you are at a more advanced stage.

**Motion:** high and low (changing sides)
III. Exercises for leg, buttock and hip muscles

Exercise 4: Leg, buttock and hip muscles — buttocks, hamstrings

Helps to maintain the set-up position

Starting position: Lie on the back with legs bent. Tense buttocks and stomach muscles and lift the back off the floor. Hold the FLEXI-BAR® with both hands. Lift one leg, holding it parallel to the other thigh, if you are at an advanced stage.

Motion: high and low

Exercise 5: Leg, buttock and hip muscles — buttocks, hamstrings

For improved steadiness in your swing

Starting position: Stand on all fours. Stretch the right leg back at the height of the spine, resting the body on the right elbow. The left arm holds the FLEXI-BAR® horizontally facing forwards, thumb pointing down. Look at the floor.

Motion: back and forth (changing sides)

Exercise 6: Leg, buttock and hip muscles — buttocks, hamstrings, torso twist

A demanding exercise for balance and suppleness

Starting position: Stand on all fours. Stretch the right leg back at the height of the spine, resting the body on the right elbow. The left arm holds the FLEXI-BAR® on the side and the thumb points downwards. Look at the floor.

Motion: back and forth. Move the left arm upwards and lower it again. Start the exercise slowly, as it is demanding. In case of difficulties, rest the tip of the foot of the back leg on the floor. (change sides)
IV. Exercises for shoulder and chest muscles

The Golf fitness training programme to improve your golfing muscles

Exercise 1: Shoulder and chest muscles – external rotators
Work on your shoulder muscles and improve your posture

Starting position: Stand with feet at hip-width. Holding the rod with outwardly rotated arms and thumbs pointing upwards. Lift the arms in the front of you.

Motion: back and forth

Exercise 2: Shoulder and chest muscles – chest and shoulder girdle
Bring power into your swing

Starting position: Stand with legs at hip-width. Put your weight on the heel. Hold the FLEXI-BAR® lightly with both hands in a vertical position.

Motion: back and forth

Exercise 3: Shoulder and chest muscles – shoulders
To swing freely you need a relaxed and stable shoulder joint

Starting position: Stand with feet at hip-width. Hold the FLEXI-BAR® in one hand. Take the right arm outwards, with the thumb pointing downwards.

Motion: right and left (changing sides)
IV. Exercises for shoulder and chest muscles

The Golf fitness training programme to improve your golfing muscles

Exercise 4: Shoulder and chest muscles – shoulders and chest
A strong chest keeps the arms closer together when addressing the ball

**Starting position:** Stand with feet at hip-width. Loosely hold the FLEXI-BAR® in front of your body with both hands, thumbs pointing towards you.

**Motion:** back and forth

Exercise 5: Shoulder and chest muscles – rotator cuff and shoulders
This exercise will improve your suppleness

**Starting position:** Place the right leg forwards, with knee bent (but not beyond the tip of the foot) and the left leg behind, back heel raised. Hold the FLEXI-BAR® with the right hand and bend the arm to the side, with the thumb pointing outwards (outward rotation). Move the FLEXI-BAR® as far back as possible to bring the shoulder blades together.

**Motion:** forward and back, right and left (changing sides)

Exercise 6: Shoulder and chest muscles – rotator cuff and shoulders
To avoid any possible discomfort of the shoulder

**Starting position:** Take a step forwards. Hold the FLEXI-BAR® loosely in one hand. Keep the right arm bent and turn outwards, with the back of the hand facing upwards. Move the forearm upwards, hold it briefly and then lower it.

**Motion:** forward and back (changing sides)
Exercise 1: Stomach and pelvic floor muscles — stomach muscles and pelvic floor, standing position

These muscles ensure good posture during the swing

Starting position: Stand with legs wide apart. Hold the FLEXI-BAR® vertically in front of the body with both hands. Turn the upper body to the side.

Motion: back and forth

Exercise 2: Stomach and pelvic floor muscles — stomach muscles and pelvic floor, standing position

Crucial muscles for the “Finish”

Starting position: Stand with legs wide apart. Hold the FLEXI-BAR® vertically in front of the body with both hands. Turn the upper body sideways and lift the FLEXI-BAR® above the head.

Motion: back and forth, high and low

Exercise 3: Stomach and pelvic floor muscles— transverse abdominal muscles in standing position

Strength and coordination in one

Starting position: Stand with legs wide apart and the body lowered. Hold the FLEXI-BAR® to the side with one hand and bring it over the head. Tilt the upper body to the right, flexing the buttocks hard.

Motion: right and left, slanting upwards and downwards (changing sides)
Exercise 4: Stomach and pelvic floor muscles – straight stomach muscles, lying down
Offsets the back musculature, vital for a strong back
Starting position: Lie on the back with knees bent and the spine pressed downwards. Hold the FLEXI-BAR® with both hands at a 45° angle.
Motion: high and low

Exercise 5: Stomach and pelvic floor muscles - transverse abdominal muscles
A simple exercise for anyone with neck problems
Starting position: Lie on the back with knees bent, pushing the heels into the floor and resting the lower back on the floor. The FLEXI-BAR® is held lightly in the right hand, while the left is placed behind the head. Twist the upper body to the left side.
Motion: back and forth (changing sides)

Exercise 6: Stomach and pelvic floor muscles – stomach muscles and torso
A demanding exercise for the stomach and flexibility training for the lower spine
Starting position: Lie on the back, lifting the legs off the floor. Press the lower spine into the floor. Hold the FLEXI-BAR® with both hands and keep it at a right angle above the head. Move both legs to the right while bringing the FLEXI-BAR® to the left.
Motion: high and low (changing sides)
VI. Exercises for arm and hand musculature
The Golf fitness training programme to improve your golfing muscles

Exercise 1: Arm and hand musculature – biceps
The biceps brings the club into the correct swing plane

Starting position: Stand with feet at hip width. Hold the FLEXI-BAR® with arms rotated outwards and thumbs pointing upwards. Pull down the shoulder blades and bend the elbows to almost 90 degrees. The upper body is slightly bent forwards.

Motion: back and forth, loosely starting the movement off from the wrist in a forward direction.

Exercise 2: Arm and hand musculature - triceps
This muscle plays a crucial role in creating speed at tee off

Starting position: Place the right leg forward, with the knee behind the tip of the foot and the left leg behind. The left hand loosely grasps the handle of the FLEXI-BAR®, with the thumb pointing to the thigh. Move the right elbow upwards.

Motion: up and down (parallel to the thigh, changing sides for arm and leg positions)

Exercise 3: Arm and hand musculature – wrist and lower arm
Problems with elbows are a thing of the past

Starting position: Place the right leg forwards, the left to the back. Hold the FLEXI-BAR® in the left hand, with the thumb pointing downwards. Then turn the hand holding the FLEXI-BAR® outwards (by 180 degrees) so that the back of the hand is facing downwards. Move the hand back, creating a movement similar to a windscreen wiper.

Motion: back and forth (changing sides of the arm and leg position)
VII. Stretching and relaxation exercises

By swinging the FLEXI-BAR® the muscles are warmed up and therefore more able to stretch. Be careful only to swing the FLEXI-BAR® lightly and to keep your breathing calm and flowing.

Exercise 1: Stretching and relaxation — sides
This stretch is particularly beneficial after a game of golf - you will notice how the muscles relax

Starting position: Stand with legs at hip-width. Hold the FLEXI-BAR® horizontally above the head, with the thumbs pointing forwards. Lower the shoulders and move the upper body to the right until you notice a stretch from the left shoulder to the pelvis. Breathe slowly and deeply, hold for approximately 30 seconds and change sides.

Motion: high and low (changing sides)

Exercise 2: Stretching and relaxation — upper back, shoulders
“Cat stretch” - move like a cat

Starting position: Stand with feet at hip-width. Both hands hold the FLEXI-BAR® in front of you, with thumbs facing the body. Bring the shoulders forwards and round the back, until you sense a pull in the shoulders and the upper back. Hold for approximately 30 seconds, breathing slowly and deeply.

Motion: forwards and back.

Exercise 3: Stretching and relaxation — chest and biceps
A particularly suitable exercise for those who are often sedentary and tend to pull the shoulders forwards

Starting position: Stand with legs at hip-width. Hold the FLEXI-BAR® in both hands behind, with thumbs pointing downwards. Move the FLEXI-BAR® away from the back until you notice a stretch in the biceps and chest area. Hold for 30 seconds, breathing in slowly and deeply.

Important: keep the shoulders back and the upper body straight.

Motion: high and low
VII. Stretching and relaxation exercises

Exercise 4: Stretching and relaxation – neck
This muscle is often particularly tense

Starting position: Place the right leg forward, the left one to the back. Hold the FLEXI-BAR™ handle lightly with the left hand, the thumb pointing towards the thigh. Bend the head to the right (moving the ear towards the shoulder), until you notice a stretch on the side of the neck. Hold for approximately 30 seconds and breathe slowly and deeply.

Motion: high and low
(changing sides, arm and leg position)

Exercise 5: Stretching and relaxation – calf and hamstring muscles
After completing 18 holes over four or five hours, these muscles should definitely be stretched

Starting position: Shift the weight onto the right leg and stretch the left leg forwards. Loosely hold the FLEXI-BAR™ in front of your body. Keep the back straight and push out the buttocks. Move the tip of the foot of the front leg upwards, until you feel a stretch in the calf and in the back of the leg. Hold for approximately 30 seconds, then swap sides.

Motion: forwards and back

Exercise 6: Stretching and relaxation – lower back, chest, torso and buttocks
Challenges co-ordination skills, but very effective

Starting position: Lie on the back with feet on the floor. Hold the FLEXI-BAR™ lightly in the right hand and begin in the upper position. Move both legs to the left, while at the same time bringing the arm to the floor on the right. The head faces the right arm; shoulders should remain on the floor. Hold for approximately 30 seconds, breathing slowly and deeply. For the advanced: place the left leg across the right one, pulling it to the side.

Motion: high and low, left and right
(changing sides)

By swinging the FLEXI-BAR™ the muscles are warmed up and therefore more able to stretch. Be careful only to swing the FLEXI-BAR™ lightly and to keep your breathing calm and flowing.
VII. Stretching and relaxation exercises

VIII. Mobilisation and flexibility training

These exercises are beneficial for your entire body
Important: Should you feel any discomfort, please do not carry out the exercise

Exercise 1: Mobilisation and flexibility – back
Makes you feel every single vertebra in the back

Starting position: Sit on the floor, making sure knees are not bent too much. Hold the FLEXI-BAR® with both hands at chest height. Slowly roll the upper body downwards, vertebra by vertebra, then roll up again.

Motion: back and forth (parallel to the thigh)

Exercise 2: Mobilisation and flexibility – back, shoulders, chest (lying down)
Test your suppleness

Starting position: Lie on the back with both legs bent. Loosely hold the FLEXI-BAR® in the right hand and bring it above the head. Then bring the arm and the head to the right while at the same time moving the legs to the left.

Motion: high and low, right and left

Exercise 3: Mobilisation and flexibility – back, shoulders, chest (standing up)
Practise opening out to the right and the left

Starting position: Stand with legs at hip-width and knees slightly bent. The FLEXI-BAR® is held by the right arm (rotated outwards) with the thumb pointing downwards. The left arm grabs the right like a “claw”. Move the right arm upwards, lightly twist the upper body and shift the weight to the right leg. Return to the starting position. (Left-handers carry this out in reverse order).

Motion: high and low (changing sides)
Exercise 1: Technique and muscle training – “Back Swing”
Allows you to improve your technique and muscle strength – no chance for “chicken wings”

Starting position: Stand with legs at hip-width and knees slightly bent. The FLEXI-BAR® is held by the right hand (arm rotated outwards) with the thumb pointing upwards and the left hand (arm rotated inwards). Move both arms upwards, twisting the upper body with the movement and shifting the weight to the right leg. Return to the starting position. (Left-handers carry this out in reverse order)

Motion: high and low

Exercise 2: Technique and muscle training – “Finish”
Feel your stomach muscles which are important for the swing

Starting position: Stand with feet at hip-width and knees slightly bent. Hold the FLEXI-BAR® with the left hand (arm rotated outwards), the thumb pointing upwards and the right hand (arm rotated inwards, thumb pointing downwards). Move both arms upwards, twisting the upper body with the movement and shifting the weight to the left foot. Hold the final posture, then return to the starting position. (Left-handers carry this out in reverse order).

Motion: high and low
FLEXI-BAR® Information Manuals for beginners’ and advanced level

Thanks to our e-PRICE training system we keep administrative costs very low and are able to offer you first-rate information manuals at exceptionally reasonable prices.

FLEXI-BAR® E-Book Workshop

Everything you need to know about training with the FLEXI-BAR®, including origins, anatomy, and suggested workouts.

Up-to-date, detailed information on current courses and price structures for the FLEXI-BAR e-PRICE workshops can be found on www.flexi-bar.co.uk

XCO® WALKING & RUNNING

- Total-Body-Workout
- 25% more effective than conventional weights
- Protects the joints
- Acoustic training control

For more information about XCO-TRAINER®, visit www.XCO-Trainer.co.uk
In order to achieve excellent and balanced training results, it is important to carry out all the exercises which are listed within the chosen training programme inside this booklet. Needless to say, you can combine the training programmes with additional FLEXI-BAR® GOLF-FITNESS exercises. These can be either carried out at home or on the golf course. We recommend exercising three times a week, for ten minutes at a time. It is important to spend at least 60 seconds on each exercise.

### Levels of difficulty for individual exercises:
- Easy: 1
- Medium: 2
- Hard: 3

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#### Training programme 1 - level: 1

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