FLEXI-BAR®

TRAINING PLAN 1

Three training plans have been specifically designed for a whole body workout. The FLEXI-BAR® exercises are divided into easy, medium, and difficult. Please peak three following FLEXI-BAR® Tips in mind:

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

2. Swinging the FLEXI-BAR®. The FLEXI-BAR® can be swung in (to the direction of the rotations of the lower arm) with a slight movement of the heel. Subsequently, the swinging of the FLEXI-BAR® is maintained with short, circular (similar to an arm swing) motion. It is important not to use the momentum of the hip and shoulder. This will increase the capacity that can be exerted on the arm as well as the upper body. The movement is performed in a smooth and continuous way, and the intensity of the swinging is dependent on the strength, flexibility, and coordination capabilities of the user. It is necessary that the swinging of the FLEXI-BAR® exercises these aspects. For this reason, be very cautious not to make any sudden movements.

3. Turning 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 continuously into your own personal training programme. If you are unable to perform the exercises contained in the training plans continuously, you can choose to perform individual exercises for longer periods. We recommend to train 3 to 4 times a week, 20 to 30 minutes at a time with the FLEXI-BAR®. It is important that you perform the exercises for 30-40 seconds (depending on your personal level). During the performance of all the exercises the shoulder, elbows and wrists as well as the upper and lower back muscles are strengthened. In the following exercises we will indicate the individual muscles which will be trained.

Important Notes: It is not rare to use the FLEXI-BAR® with simultaneous movements of the shoulders and spine, as well as in the same manner as in the performance of exercises. People aged 18 and those suffering from high blood pressure and medical advice within 60 days or who have a FLEXI-BAR® under the supervision of a doctor.

"The Golden Rule". As long as the FLEXI-BAR® is training, everyone is okay. It is too easy to keep your shoulders down.

Using the proper equipment: Please make sure using the FLEXI-BAR® in this form, this is best by prescription and diagrams of your FLEXI-BAR®. Swinging in the red one will not improve your training results. Swinging in the red one will show exercises your FLEXI-BAR®. As a result, it might make you and you will have the warning given by the manufacturer.

INJURY AVOIDING FLEXI-BAR® CAN CAUSE INJURIES.

Chest and Back

Shoulder & Upper Body

Middle Back, Latissimes

Lower Back & Chest

Back & Hips Extension

Arm Muscles (biceps, triceps, deep muscles of the arm)

Chest & Shoulder exercises

Painles Wrist, Elbows

Legs and Storage

Legs and Storage (biceps, triceps, deep muscles of the arm)

Abdominals

Thighs & Hamstrings

Backs, Hips Extension

Chins, Pulls, Elbows

Backs, Hips Extension