**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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**EXERCISE 32**

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**Using the proper grip/tide:** Please make sure that you are using the FLEXI-BAR® in the prone view only. This is better for proprioception and motion of your FLEXI-BAR®. Swapping in the red will not improve your training results. Swapping to the red will only make unnecessary your FLEXI-BAR®. As a result, injuries might occur and you will lose the warranty given by the manufacturers.

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