

FLEXI-BAR®

TRAINING PLAN 1

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:

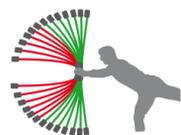
Holding the FLEXI-BAR®: Always hold the FLEXI-BAR® in the centre of the rubber grip, whether you use one or two hands. Most importantly, keep your grip relaxed at all times, with your wrists in a neutral position. Try not to squeeze the grip, otherwise your arms will fatigue quickly.

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.

○●

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]

○●

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.

○●

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.

○●

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

○●

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.

○●

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]

○●

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]

○●

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]

○●

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]

○●

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]

○●

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

○●

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]

○●

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.

○●

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]

○●

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.

○●



FLEXI-BAR®
JUST LOOK GOOD AND FEEL GOOD

high quality made in Germany and
therefore awarded the AGR seal of approval

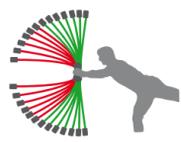


The AGR quality cachet: Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools

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Shoulder Rotators and Chest Muscles

Body Position: Legs shoulder width apart, hold the FLEXI-BAR® with palms facing upward (thumbs facing outward). Keep shoulder blades low, elbows bent at 90°.

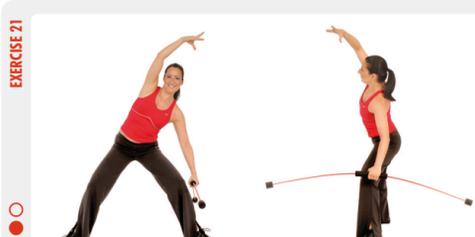
Swinging Motion: With a relaxed wrist, begin the movement directly in front of you. A forward-backward motion results.



Rotator Cuff Muscles - Shoulder

Body Position: Stand in lunge position, left leg to the back, right leg to the front, heel not in contact with the floor. Hold the FLEXI-BAR® with the hand facing outwards (thumb pointing upwards), extend the arm at shoulder height outwards.

Swinging Motion: Out & In. Repeat other side. (NB: don't forget to change legs as well as arms)



Obliques

Body Position: Legs shoulder width apart. Hold the FLEXI-BAR® in the left hand (facing inwards). Move the right hand diagonally above the head. Lean the upper body to the side.

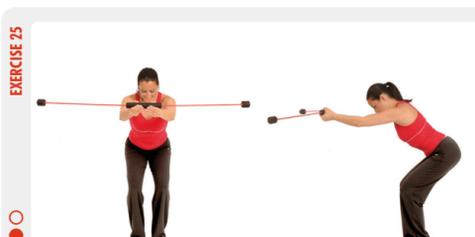
Swinging Motion: Swing the FLEXI-BAR® up and down just below the knee. Important: Keep shoulders low. [CHANGE SIDES]



Triceps

Body Position: Left leg to the front, right leg to the back. Hold the FLEXI-BAR® with both hands and straight wrists from above, thumbs pointing downwards. Raise the arms above the head and bend at right angles. The thumbs are now pointing in the direction of the ceiling.

Swinging Motion: Up and down, (keep the elbows as close together as possible).



Back Extensors and Bottom

Body Position: Deep shoulder width stance (squat), body weight through heels. Lean the upper body forward while keeping the back straight. Holding the FLEXI-BAR® please see Ex. 17.

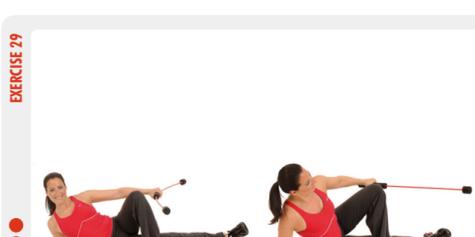
Swinging Motion: The thumbs point towards the ceiling, the underarms toward the floor. The first impulse also goes in this direction. A diagonal backwards-forwards motion results.



Waist

Body Position: Wide leg squat, hold the FLEXI-BAR® in the left hand, the right forearm propped up on the right thigh. Lean the upper body to the right. The FLEXI-BAR® points in the direction of the ceiling.

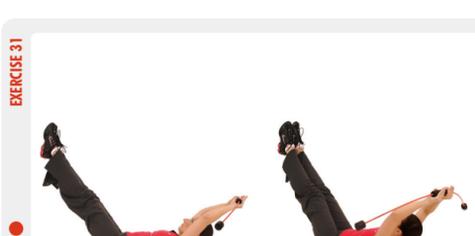
Swinging Motion: Swing up and down. [CHANGE SIDES]



Adductors - Intensive Workout

Body Position: Lie on your right side, the right elbow directly below the shoulder joint. The left leg is positioned on the floor in front of the stretched right leg. The FLEXI-BAR® is gripped and rotated inward. (Thumb pointing towards the thigh).

Swinging Motion: Parallel to the floor (in the direction of the right foot). [CHANGE SIDES]



Teaser - Intense Abs

Body Position: Lying on your back, firstly both legs bent. FLEXI-BAR® is held rotated inwards and brought behind the head. The upper body is brought into the crunch position with the arms extended. The legs are lifted, slanted slightly towards the ceiling. Important: this is only recommended for practiced users.

Swinging Motion: Behind the head - backwards and forwards.



Balance - Adductors

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.

FLEXI-BAR® International Website

- APP Information
- Training Videos
- News & Events
- FLEXI-BAR® Studies
- Expert Advice
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Stress-Reliever

Body Position: Stand in lunge position, left leg to the back, the back heel lifted from the floor. The left hand loosely holds the FLEXI-BAR®, thumb points towards the thigh.

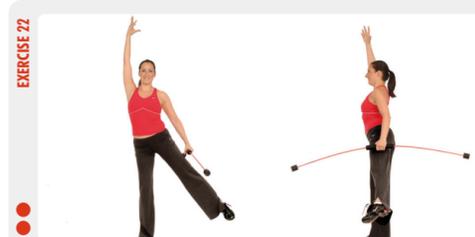
Swinging Motion: Up and Down. (Parallel to thigh) [CHANGE SIDES]



Deep Back Extensors

Body Position: Wide leg squat. Hold the FLEXI-BAR® with a cradle grip (interlaced fingers) and with extended arms, move to above the head. Important: Keep the shoulders down. Tuck the chin in towards the breastbone.

Swinging Motion: Up and Down.



Hips & Waist

Body Position: Stand with your body weight on your right leg, left leg splayed slightly above the ground. Hold the FLEXI-BAR® in the left hand, the thumb pointing inwards. Arm and leg parallel to one another. The upper body remains upright.

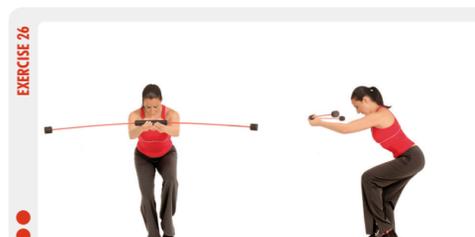
Swinging Motion: Parallel to leg, therefore diagonally up and down. [CHANGE SIDES]



Triceps 2

Body Position: Left leg to the front, right leg to the back. The right heel slightly above the floor, the left knee behind the front portion of the foot. The FLEXI-BAR® is held rotated inwards behind the bottom (thumbs point backwards). The upper body is leaned very far to the front and downward, the line of vision also.

Swinging Motion: Swing backwards and forwards in the direction of the back heel. [CHANGE SIDES]



Abductors and Hips

Body Position: Stand with legs shoulder width apart, body weight on the right leg. Bend the knee and transfer the weight onto the heel. Hold the FLEXI-BAR® with your grip facing outwards (thumbs pointing upwards). Line of vision toward the floor (keeping cervical spine straight). The more practiced can lift their left leg completely off the floor.

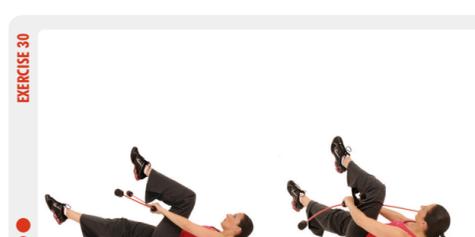
Swinging Motion: Backwards and Forwards. Elbows bent at ca. 90°. [CHANGE SIDES]



Multifidi (deep vertebral stabilizing muscles)

Body Position: Wide leg squat, hold the FLEXI-BAR® loosely from above, bring the extended arms up to chest height, the shoulders pulled down.

Swinging Motion: As an exception, NOT in the direction of the arms, but up and down.



Ab Roller

Body Position: Lie on your back, both legs bent and tucked up towards the chest, then raise your upper body to shoulder blade height, leaving the left leg bent, stretch out the right leg towards the floor. Hold the FLEXI-BAR® behind the left thigh, with your line of vision directed towards the bent knee.

Swinging Motion: Parallel to the extended leg. [CHANGE LEG]



Balance - Adductors

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.

Xco WALKING & RUNNING

- × Total Body Workout
- × Burn up to 25% more calories
- × Strengthen Connective Tissue
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