

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 carries on, 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 shoulder 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.**

Flexi Bar Instruction Manual

D Siedentop

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'D Siedentop' text.

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september 2016 on 12 november 2019 it was announced that magic light pictures and bbc one would team up once again on julia donaldson and axel scheffler's *zog and the flying doctors* for christmas day 2020 at 2 35pm with music

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