

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

L Cohen



Flexi Bar Instruction Manual:

Linotype Instruction Book John R. Rogers,1925 Packaging of materiel preservation United States. Defense Supply Agency,1976 *Technical Manual* United States. War Department,1945 **PC Mag** ,1988-06-28 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology *Official Gazette of the United States Patent Office* United States. Patent Office,1912 **The ART of Trading** Bennett McDowell,2008-04-25 An expert in the field of finance reveals his proven trading system As a trading coach and financial advisor Bennett McDowell has used his own proprietary trading system Applied Reality Trading or ART to enhance the performance of his clients portfolios Now McDowell outlines the unique benefits of his system and makes the case for trading the reality not the fantasy of financial markets Readers will discover the importance of simplicity in a trading approach how to develop The Trader s Mindset how to use ART r technical analysis software and much more The ART of Trading will enlighten readers in how to use reality to enrich both their financial portfolio and their own financial psychology **Official Gazette of the United States Patent Office** USA Patent Office,1911 **Sibelius** Thomas E. Rudolph,Vincent Leonard,Vincent A. Leonard,2011 Sibelius is a Hal Leonard publication Mechanical Tightening Louis E. Noble,Joseph A. Roenigk,1929 Books and Pamphlets, Including Serials and Contributions to Periodicals Library of Congress. Copyright Office,1968 *Build-to-order & Mass Customization* David M. Anderson,2004 Title List of Documents Made Publicly Available , **Principles of Airway Management** Brendan T. Finucane,Ban C.H. Tsui,Albert Santora,2010-12-14 Principles of Airway Management 4th Edition reviews the essential aspects of airway management anatomy equipment intubation fiberoptic endoscopy surgical approaches intubating LMA lightwand pediatric airway CPR and mechanical ventilation The book features well balanced discussions of the complexities and difficult issues associated with airway management excellent organization that ensures the material can be learned and applied to various situations the latest equipment and techniques summary boxes which highlight the most important points of each chapter and more than 400 illustrations many in color for the first time tables and boxes **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1964 Includes Part 1 Number 1 Books and Pamphlets Including Serials and Contributions to Periodicals January June **Energy Research Abstracts** ,1991 **Functional Training** Juan Carlos "JC" Santana,2015-12-09 Take your performance to the next level with Functional Training Author Juan Carlos Santana brings you his revolutionary approach to training and conditioning methods sure to improve your function in any sport or activity Functional Training covers the recent breakthroughs the most exercises and proven programs that you can follow or incorporate into your existing training plan Offering strength endurance power and sport specific exercises and programming Functional Training is a comprehensive resource for every athlete coach and athletic trainer Covering the concepts exercises progressions and sequencing on which a sound functional

training program is based it addresses the needs of more than 11 sports and features 135 exercises including body weight bands and pulleys dumbbells and kettlebells medicine balls and stability balls Functional Training features a three tier approach for integrating functional movements into an existing strength program Through assessment and analysis you ll identify the movements and muscles involved in your sport then select the best exercises and programs based on desired results and performance goals In addition to quick exercise sequences and personalized programming to address the big four sport skills more comprehensive programs can be developed to address your athletic and performance needs and goals No matter what your sport Functional Training will help you achieve optimal results

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