# FLEXI-BAR®

## TRAINING PLAN 1

These training plans have been specifically designed for a whole body workout. The FLEXI-BAX\* exercises are divided into easy 🔾 one difficult 😻.

Please keep the following FLEXI-BAX\* Tips in mind:

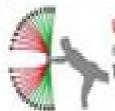
Holding the PLEXI-BAR": Always hold the PLEXI-BAR" in the sentre of the rubber grip, whether you use one or two hunds. Most importantly, keep your grip reliased at all times, with your wrists in a neutral position. Try not to squeeze the grip, otherwise your peres will futigue quickly.

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 playpround 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 sooween, the greater is the amplitude and correspondingly the intensity of the training. The swing duration is dependent on the strength, storaine 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 obsolutely normal.

Training Guidelines: In order to achieve both the best and most belonced training results it is important to incorporate all the exercises scotained 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 langur periods. We recommend to train 3 times a week for 10 minutes each time with the FLEID BAR!". It is important that you perform the exercise for 20-60 seconds (depending on your personal fitness level). Quring the performance of all of the exercises the shoulders, stomach as well as the surface and one back muscles are strongthered. In the following exercise incopes we will indicate the individual muscles which will be trained.

Important Mote: Do not train using the FLEX-BAR" when contraindications (inflamed and instanted skin around the shoulders and spine) are present, as well as in the final trimester of programs; People in IX-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 PLEX-BAR" under the appreciate 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: Pirese make ours 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**

Louis E. Noble, Joseph A. Roenigk

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