EXERCISE 15

THE GOLDEN RULE: AS LONG AS THE FLEXI-BAR®
Swinging the FLEXI-BAR® 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.

Important Note:

In order to achieve the kind of result that the method can offer, it is important to incorporate all the training exercises as well as your personal fitness program. In order to train problem areas more intensively, you can choose the individual exercises for your personal fitness level. The key to success is a balanced combination of all the exercises. The muscles are strengthened. In the following exercise images we will indicate the individual muscles which will be trained.

TRAVELING WITH DAMAGED FLEXI-BAR® CAN CAUSE HARM.

TRAINING PLAN 1

These training plans have been specifically designed for a whole body workout. The FLEXI-BAR® exercises are shot down easy and difficult. Please keep the following FLEXI-BAR® tips in mind:

- Use the FLEXI-BAR® in the centre of the rubber grip, whether you are on two hands. Most importantly keep your grip relaxed at all times, with your wrist 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 their movement (similar to a pendulum) using it in a way that is not too rapid or too fast. The more the rhythm is maintained or on the site of the exercise is related to the intensity and the duration of the training.

Training Guidelines:

In order to achieve both the kind and individual training results it is important to incorporate all the exercises in the training plans along with your personal fitness program. In order to train problem areas more intensively, you can choose the individual exercises for your personal fitness level. The key to success is a balanced combination of all the exercises. The muscles are strengthened. In the following exercise images we will indicate the individual muscles which will be trained.

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**EXERCISE 31**

**EXERCISE 29**

**EXERCISE 27**

**EXERCISE 21**

**EXERCISE 17**

**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 zone only. This is to prevent inappropriate and lifetime of your FLEXI-BAR®. Swinging in the red area will not improve your training results. Swinging in the red area will also over-strain your FLEXI-BAR® and might cause injuries.

TRAINING WITH A DAMAGED FLEXI-BAR CAN CAUSE INJURIES.

**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 should consult their doctor before they start training. Children under the age of 15 years may only train with the FLEXI-BAR® under the supervision of an adult.

**TRAINING PLAN 2**

**EXERCISE 30**

**EXERCISE 28**

**EXERCISE 26**

**EXERCISE 22**

**EXERCISE 24**

**EXERCISE 23**

**EXERCISE 25**

**EXERCISE 20**

**EXERCISE 19**

**EXERCISE 18**

**EXERCISE 16**

**EXERCISE 15**

**EXERCISE 14**

**EXERCISE 13**

**EXERCISE 12**

**EXERCISE 11**

**EXERCISE 10**

**EXERCISE 9**

**EXERCISE 8**

**EXERCISE 7**

**EXERCISE 6**

**EXERCISE 5**

**EXERCISE 4**

**EXERCISE 3**

**EXERCISE 2**

**EXERCISE 1**

**EXERCISE 0**

**Deep Back Extensors**

Body Position: Stand, legs apart. Hold the FLEXI-BAR® in a way that your right hand points upwards and your left hand is positioned downwards on the left side of the FLEXI-BAR®. Important: Do not put any pressure on the FLEXI-BAR®. Swing up and down behind the bottom (thumbs point backwards). swing backwards and forwards.

Swinging Motion: Parallel to the body.

**Trains**

Body Position: Seated, slight bend in your knees. Hold the FLEXI-BAR® firmly between your thighs. Do not apply pressure on the FLEXI-BAR®, you can lift your legs completely off the floor. When you change your knees, the right leg and your body should be in a diagonal backwards-forwards motion.

Swinging Motion: Parallel to the body.

**EXERCISE 29**

**EXERCISE 27**

**EXERCISE 21**

**EXERCISE 17**

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**EXERCISE 12**

**EXERCISE 11**

**EXERCISE 10**

**EXERCISE 9**

**EXERCISE 8**

**EXERCISE 7**

**EXERCISE 6**

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**EXERCISE 1**

**EXERCISE 0**

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Swinging Motion: Parallel to the body.

**Trains**

Body Position: Seated, slight bend in your knees. Hold the FLEXI-BAR® firmly between your thighs. Do not apply pressure on the FLEXI-BAR®, you can lift your legs completely off the floor. When you change your knees, the right leg and your body should be in a diagonal backwards-forwards motion.

Swinging Motion: Parallel to the body.